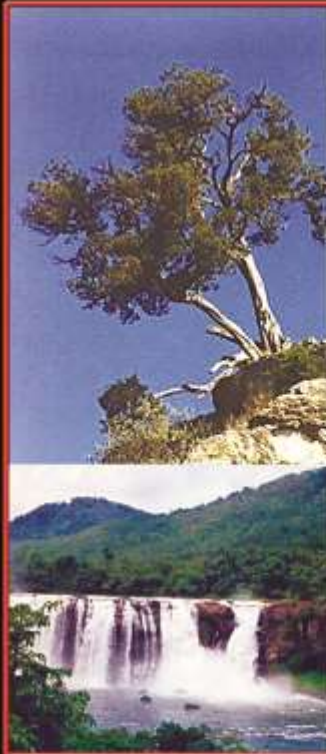




Dr T P Sasikumar
Space Scientist
Author of LIFE of LOVE



GROW
like a
TREE
and
FALL
like a
RIVER



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LIFE made SIMPLE

Dr T P Sasikumar

Philosophical Discussions on ORKUT

LIFE made SIMPLE

Dr. T P Sasikumar



indological trust publication

PREFACE

This book has taken birth through a socializing web site ORKUT. Running my community 'Life is to Live', I had received tremendous response from netizens all over the world. After a year of its making, the site got hacked. But see! life moves on.

Now there is another ORKUT community, 'Life made Simple' and its brainchild, this book. All the interesting discussions, questions and answer sessions which formed the part of the forum on the website, have been taken verbatim in this book just to make it realistic and easy to read and digest. They are inserted in the form of comments.

No matter, how big or established we are in our fields of work and interest, the common aim at which we all are striving for is *To lead life fully*. But unfortunately and unknowingly, we complicate it. This could be avoided by some simple practices and observing little norms in life. This 'simple' book is a tool to facilitate this. Read anything from any page; it has something exclusively for you.

I need hardly add that it was not my intention nor is it possible to deal with each and every complexity of life. But I have tried to cover almost all aspects and doubts which generally arise in one's mind who wants to lead a

meaningful life. Through this, one may lead a *simple* yet *higher* life.

Sharing my thoughts I feel many could be benefited as I had gained in my life through this simple formula that Life is simple. If this small book awakens in any aspiring heart a spirit to live life simply without much of idiosyncrasies, I shall consider my life amply rewarded. These thoughts on life did not descend to me from any alien land, rather I have lived and observed these in my simple life. So reading this, reflect upon your own life and live life to the full. Enjoy and share it too! Life is simple, just live it. Expanding the word LIFE its meaning unfolds : **Living In Full Enjoyment**.

In making of this book, I had the encouragement and enforcement from many. It will be a failure on my part, if I do not name a few. My family was with me in all my activities with all their support. Those who contributed directly deserve a major right on this book. Introduction of Dr. Radhika Nagrath through Mrs. Ajitha and Mrs. Josmi was a blessing in shaping the book. Sri. Sudhakaran of Indological Trust is with me in most of my writings and I owe him a lot.

Enjoy reading and Simple Living!

Sasneham

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On this Second Edition

First edition copies were sold very fast.

Many loved the book since they loved me.

A few started loving me as they loved the book. A few criticised the book and wrote to me as they loved the book and me.

Many a lot did not respond as they neither loved me nor the book.

I found lot of errors in the first edition both in English and format. I gave a dare explanation that 'it is internet style'; 'it is intentional as the 'bindi' for the new born is always put, not at the right place ' etc. All these were being casual and simple. The fact was that I haven't seen the proof before printing, trusted others and got messed up.

When I took a serious look at 'LIFE made SIMPLE' the mistakes were not simple. This edition is better after sitting over it longer.

I have many names to think on this occasion, those who reviewed, commented, read, purchased, helped in sales, helped in release, marketed, etc., the list is too long. I am blessed.

Panickers were with me for the Delhi release and later Mrs. Shobha Panicker for corrections during this second edition. Mr. Pradeep Nambiar was so kind enough to shoulder the Hyderabad Release. Dr. Sreelakshmi was the first to release the book at Chalakkudy hosted by LIC. SAMATHA, THAPASYA and LIC Training Centre at Calicut supported releases at Kochi, Irinjalakuda and Calicut. Reviewer's comments were great encouragement. Special are those from Dr. Latha, Prof. Akavoor and IMS and a few lines from readers are included in this edition.

Hope this second edition will find more readers and will get continued encouragement.

Sasneham

Dr T P Sasikumar

LIFE made SIMPLE

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Chapter

Part - 1 1

LIFE IS NOT SO SIMPLE

**SIMPLE LIFE IS A COURAGEOUS
LIFE**

The 100-year war lasted 116 years from 1337-1453.

The October revolution is celebrated in November.

1.2. DEFINING A SIMPLE LIFE

Being SIMPLE
being AS WE ARE

1.1. LIFE IS NOT VERY SIMPLE

On the surface, life seems as simple as the answer to these questions!

Try answering the following questions one by one, before reading further down.

Q. How long did the 100 - year war last?

Q. In which month do the Russians celebrate the October Revolution?

The answers to these questions are slightly off the head.

And most of us, the common people get these wrong.

The facts remain:
with NO EXTRA ego is
simply beautiful.

Cool
Calm
Smooth At
ease
is
SIMPLE LIFE

Try to be

What we are

Used Learned

Skilled -

are fractions of an artificial LIFE

It is a societal need but that is

not what we are

and that

makes us

dull

We learn how to

be intelligent

controlled

emotionally

physically fit

spiritually higher

All are added degrees of complexity in LIFE

Make LIFE

SIMPLE being

SIMPLE Be in

SIMPLE

1.3. BALANCING YOUR DESIRES TO STAY PEACEFUL

Desires cause peace to disappear.

You think that acquiring things will make you feel secure, but the reality is that the more you have, the more is the fear of losing it, and the farther you are from peace. Desires are the cause of all conflicts. When you want something and cannot get it, you become frustrated.

Learning to be free from desires is learning to stay peaceful.

This is not very simple and this world cannot progress if all people become desire-less. Family runs on desire.

Society runs on desire.

Thus balanced desire is the solution to be peaceful.

Suppose, I desire to own a shirt that a shop is selling. The shirt can't enter my mind (manas); maximum it can hang on me.

Thus nothing enters the manas, **except the desire.**

Keep the manas little controlled.

That will be the proven formula for peace

1.4. GOD HAS A DIFFERENT SCALE : AN ANECDOTE

It is inspiring...

A man was praying to God.
He said, "God?"
God responded, " Yes?"
And the Guy said, " Can I ask a question?"
"Go right ahead", God said.
"God, what is a million years to you?"
God said, "A million years to me is only a second."
The man wondered.
Then he asked, "God, what is a million dollars worth to you?"
God said, "A million dollars to me is a penny."
So the man said, " God can I have a penny?"
And God cheerfully said,
"Sure! Just a second."

Realize that GOD has a different scale!
Things move on at their own pace, not as we want.

1.5. REALIZE NOW – YOU ARE NOT LATE

A general mind make up of a person At

4 Years - My daddy is great.

At 6 Years - My daddy knows everybody.

At 10 Years - My daddy is good but is short-tempered

At 12 Years - My daddy was very nice to me when I was young.

At 14 Years - My daddy is getting fastidious.

At 16 Years - My daddy is not in line with the current times.

At 18 Years - My daddy is becoming increasingly cranky.

At 20 Years - Oh! It's becoming difficult to tolerate daddy.
Wonder how Mother puts up with him.

At 25 Years - Daddy is objecting to everything.

At 30 Years - It's becoming difficult to manage my son. I was so scared of my father when I was young.

At 40 Years - Daddy brought me up with so much discipline.
Even I should do the same.

At 45 Years - I am baffled as to how my daddy brought us up.

At 50 Years - My daddy faced so many hardships to bring us up. I am unable to manage a single son.

At 55 Years - My daddy was so far sighted and planned so many things for us. He is one of his kind and unique.

At 60 Years - My daddy is great.

Thus, it took 56 years to complete the cycle and come back to the 1st stage. Realise the true value of your **parents** before it is too late

1.6. CRITICISM IS ONLY TO PUSH YOU FORWARD

Arrow goes forward only after pulling the string backward,
Bullet goes forward only after pressing the trigger backward.

Every human being will get happiness only after facing difficulties in his path of life.

So do not be afraid to face difficulties,
Let not the negative comments shake you.

They are there to push you forward.

When somebody criticizes you, don't worry. Stones are generally thrown only on trees laden with fruits

Your inner thoughts can make you rich or poor, loved or unloved, happy or unhappy, attractive or unattractive, powerful or weak.

1.7. HOW TO BE CONSISTENT IN LIFE

The question arises:

Many know how to improve and undergo trials to achieve that.

They get motivated from someone too.

But this external motivation will not last long.

The Physical, emotional, intellectual, social and spiritual activity is governed by the 'BIORHYTHM'. Thus one must keep changing the concentration based on this. One could toss up and down as the Rhythm is in wave style. The interval varies from 23 to 53 days and in some of the cases depending on the transition from physical to spiritual. Thus the vibration is natural and anything natural is not consistent.

Therefore effort is needed to make it consistent.

Now having the desire to be consistent is the first prerequisite.

Secondly the efforts and the skills are needed. The opportunity, in terms of the good atmosphere is essential too.

The good 'sathsang' or company will give the best practices.

Let us take one instance. You are a lone person who has started on this path of bringing a specific change in your life.

Say, getting up early in the morning.

The whole family around you does not have this practice. You will become inconsistent.

Assume that the whole family gets into the practice of waking up early; it becomes natural for the one in that family.

People in the family influence all the members around.

Thus good 'sathsang' is the most essential factor for all the practices or performances.

Else one requires extra energy. Make yourself have this and let your own self be the driving force towards this.

1.8. NEED OF VALUE WITH COURAGE

Value with courage is needed to be happy.

The value of the individual can be assessed by the way he reacts.

The natural feeling that comes to one's mind and the first reaction he gets is the assessment of the individual value.

The reaction that comes after the thinking and controlled behaviour is only value show.

Many will react in a polished way, as that is what is expected from them.

They learn to be so, or get tuned to be such.

The feeling of unjust to them will be the next feeling and the people are upset even after doing good things.

The valued person will like to do something, but the society may not permit him to be so. Thus the person gets surrendered to the circumstances. He too is not happy.

Hence to be a value based and courageous person is what is needed.

1.9. UNABLE TO PRACTICE REGULARLY?

A skill that one learns is what one likes to practice.
Motivation will make it to get into the regular practice.

The practices are governed by the mind (manas) and not just by the brain (buddhi).

Learning should be in the mind and not just an intellectual exercise.

Learning intellectually makes people academic and not skillful.

So learning at the level of 'manas' will give you the skill, and incidentally a correct reaction too.

The activity must get into the emotional level (the fuel) and the motivation driving (the wheel) with the sufficient skill (tire), the opportunity must make the way (the road) then the place you have to go (goal) is just a drive. Without the goal the drive gets boring. If you know the path, you are more comfortable in driving. May be the new path is more thrilling, but it could be risky as well.

The interest that is in the manas will drive and provide the fuel of interest in practice.

CHAPTER 2 LEAD LIFE SPIRITUALLY

1.10. SHUN POSSESSIVENESS IN LOVE – POOR LOVE

Many times love becomes Possessing.
Thus to the loved one; it is creating prison - adding restrictions.

Becoming possessive cuts the freedom.

This sort of love is not the true love. It is more of a constrained love.

Words of a great saint, Chinmaya Swamy in this context are worth quoting,
“You love the flower in the neighbour’s garden and therefore you pluck it. Loving a woman and telling her not to smile to anyone else is mere possessiveness.”
This is not LOVE This is something else.

It can just be called ‘Poor LOVE’.

1.11. ATTACHMENT TO THE ROLES

Attachment leads to desire.

Non attachment takes us to non-desirable state. No desire means no work. Thus no artha, no dharma, no karma.

Also no satisfaction or enjoyment And enjoyment without attachment will have no joy.

Goal, role and value help us to define the attachment. The attachment will ensure the roles. People want to get rid of the attachment fearing the roles they have to enact. This getting out of the roles is not a path to spirituality. That is not taking them to bliss. Rather they are more upset, as they are not skillful.

So Be Attached

Play role

Grow to higher goals, including spiritual levels.

1.12. DETACHMENT IS TO DISSOCIATE WHEN YOU HAVE

You need power to remain free from the influence of others.

Detachment is this power. If you can't stay detached from influences, you will not be able to keep your thoughts under control. From there it will be a downward spiral until all trace of inner well-being is lost. The first step in detachment is to understand who you are as a spiritual entity.

This allows you to 'detach' yourself from your physical identity, and its world of limited thoughts and feelings, and 'attach' instead to your spiritual personality, the being of inner peace and power.

A normal day will be filled with challenges to this detachment. On the one side will be your spiritual awareness, but on the other will be the attraction towards human beings and the material world.

Detachment is not a question of becoming separate from the later, but of simply remaining conscious of yourself as a spiritual being whilst being in the world and playing your part. Detachment means to keep yourself centered in your spirituality.

1.13. ROLE, GOAL AND VALUE BALANCING

The courage is in balancing the goal, role and values.

What one has to do and what not to do.
What to reject, what to accept.
For whom to work and for whom not to work.

These are at the disposal of the individual.

Keep your activity on. Never let the feeling come to you to say that - I should not have done it.

And don't care what others say or feel about you.

Decide what to do.
Go ahead.
That needs courage.

This will come with experience;
By birth; From the support of
others; From the society and its
culture.

Just check, Are you at the right place? That
only matters.

1.14. VALUE BASED LIVING

Keep always higher goals,
Higher goals will demand higher acts. That
will lead the growth in LIFE

Higher roles will demand more interpersonal relationships.

You will have more people with you.

That is growth in LIFE.

In Interpersonal relationship, the more you are attached to one; you will have to sacrifice the relations with many.

Many of the attachments are not true love from heart. Many times they are just show only.

Thus a true value based relationship is to be set in dealing with many.

The value of a person is the true feeling that gets as the first instinct.

One who wishes to get societal will have more roles and more attachments.

Many times the change in the behaviour will not improve the value.

The deep-rooted character needs to be purified.

Thus the relation also will be clean and pure. One could have a detached attachment as a means towards reaching at higher spiritual value based living.

1.15. LEARNING Vs. BEING

Many times people learn a lot.

Nowadays breathing, meditation, happiness, spirituality are being learned.

Many feels they are into these good practices too. This being is the actualization and the bliss of life is in that stage.

Being in spirituality is the process of evolution. That is not to be learned, that needs to become. The practices of being in happiness are not showing happiness. Similarly the processes of being in meditation are not in the posters. Spirituality does not come through the packaged programs or spiritual retreats.

Enjoy the karma, the role, keep a high goal, have good values. Keep your character clean and be courageous. Initiative, be in activity, be intelligent, have skill and be healthy, never stop and march ahead in spite of the hurdles.

These are the characters for being in happiness, spirituality too.

1.16. SPIRITUALITY IS NOT A SKILL TO BE

DEMONSTRATED

Skills that are to be exhibited; perhaps practice is the best tool to learn. But in virtues like Love, compassion, happiness, honesty, spirituality etc. skills cannot be shown. These are not an item that can be presented and hence the practice is not a self-created opportunity. The evaluation is also not possible. It is not that one has to evaluate self. The consistency is important.

The situation will determine the level one has reached. Never try to evaluate or get the evaluation from some one. It is you and the credit is not yours. Hence the merit cannot be certified. Thus it is unimportant to know.

May be people around you will make the comment
May be people will follow you.
Not because of the structural – institutional backing but because of the individual greatness.

Thus the institution for love, charity, compassion, spirituality should not be exhibiting. The individual must live for that and die, don't even create institutions.

Many of the Institutionalized Spirituality practitioners have marketing people and salesmen to support their ideologies. They are not the real spiritual seekers or spiritually enlightened people.

They are spiritual demonstrators.
Spiritual capsule sellers.
Buyers are too self-advertisers.
Many are not feeling in being spiritual.

1.17. SPIRITUALITY IS SHOWN IN CHARACTER

Character and spirituality are related.

One who has a good thought process, a clean mind and a clean learning builds a good character.

The sathsang and the people are influential on the ordinary people.
The self governs the spiritually enlightened person, his character.

He listens to the inner voice.
He is pure.

1.18. HITLER WAS VEGETARIAN, RAVANA USED TO MEDITATE

Chinmaya swamy said this.....

Practice makes you perfect, so does meditation. That will increase your 'sraddha' and courage. That activity for which you are using it will depend on many other factors.

The response to the situation is what is to be evaluated, that too at varied situations.

Still the 'satwik', 'rajasik' and 'tamasik' characters are not fixed. They could undergo a change.

The basic character will be close to 30 % of each of these qualities.

The person as he gains more and more from the environment, will get qualities evolved may be at times as distinct too.

Vibheeshana and Mahabali are from Ravana family.

Kansa was Krishna's uncle

Dharma Puthra and Duryodhana are cousins and studied under one master.

It is not what one learns and eats but what he is practicing and with whom he lives, that matters.

Change will get into the character with sathsang and practice.

Material will react with another material at different situations different. Thus human too will react according to situations.

VASANA thus depends on situation with birth qualities and sathsang.

The job and the profession will not influence the character of the people. However the quality of the person gets as reflections on the job he does.

COMMENTS

WHAT WE ARE PRACTISING THAT MATTERS IN LIFE.

After reading "Hitler was vegetarian, Ravan used to meditate" I felt that in what ever situation we are what we are practicing that matters in our life just like a lotus in the pond.

So Sir ji what I understood today is that life will play many games with us but we should always be standing at the side of truth and live life.

The message of true love must be spread in this whole universe.
(Josmi)

1.19. SPIRITUAL LESSONS FROM THE LIFE OF LUMINARIES

Gandhi used to serve coffee to his maid servant who comes for work in the morning. Once, the maid servant said "I don't know how god looks like, but I have seen it in the morning coffee served by Gandhi"

Gandhi was a spiritual leader, who practiced spirituality in his life. One has to learn spirituality from Gandhiji. Read book by Gandhi - 'GITA MY MOTHER'.

Arjuna did not get lessons to fight in Bhagavad-Gita. He learned that fight is not due to enmity, anger etc. but it is for the cause of dharma. That is why Gita becomes a psychological and social book. The dealings are through spirituality. Learn Bhagavad-Gita to practice, not to chant.

Move from fear to strength to courage through detachment - that is spiritual.

Change stress to conflict and to resolution. Do not manage stress - that is being spiritual.

Love provides enlightenment, blissfulness and joy - that is spiritual.

1.20. TODAY GOD DIDN'T SMILE AT ME !

At temple I do meet people. It's a good place to socialise with.

The man in a corner, who is in the temple committee looks at me and he is upset with me, as I have built more contacts than him in a short span..

I was absent one day many who met me the next day asked "Why were you not there yesterday?" I said "He was also not there, yesterday why haven't you asked him' (showing the idol in the temple)!

Retrospection

Many at temple do come and meet each other if not seen, enquire too

Poor god! Many don't even see him don't even ask, why He weren't there..

I am not able to see.

Are you really able to see him around?

Do you really feel that how happy he is when you are around him?

Did you ever ask Him whether he likes you or not? Is He happy about the offering you gave?

That bhakthi in which you are able to communicate with god is the level you need to reach

Don't
act but
Be in that level

You will enjoy talking to god asking for his smile.
For you, especially for you, in the crowd.
Criss cross

as He is your lover

Be in love with god

He will ask why you have not come to me, the other day..

These days I started socialising with god too.

The committee member has no complaints.

COMMENTS

I really have no words.
You make people think in the ways they have never even tried to think. These phrases make a lot of sense to me. I am going to think about it.

(Surya)

Sir, Again, you have said this very simply and coolly!

This is something I tried and found to be really amazing.

The first time it happened by chance when I really did not get a chance to do a Sashtanga Namaskaram in an over crowded temple. I wanted to tell the almighty

"as you see it for yourself I can not submit myself physically".

I thought about this for some time and on my next visit could actually strike a conversation with GOD wherein I was told that a whole hearted submission of the self is the most virtuous of all rather than

performing physical exercises for others to see.

Please advice. Thanks.

It is the next day after the sleep..
See the activity of yesterday will disturb us today.. So
do good to someone, we will enjoy today..

One need not think beyond
Yesterday
Today and
tomorrow.

Take birth with Brahma in the brahma-muhurtha,
live this day with Vishnu. end life tonight with
Siva.

1.22. MATERIAL VS. SPIRITUAL

The other day, a smart boy Uthkarsh met me at Mayur Vihar temple We
were in deep discussion on the topic – Material Vs. Spiritual.

Not being satisfied with the answers I gave to his question, I left for sleep.
If Brahma blesses, we will have the next day for us.
else
May be with Siva tonight and may not have a tomorrow.

NO NEXT JANMA, Think of this JANMA..

(Ravi)

That is LIFE

I feel this is a better answer for him, why only for him but to all of us

Being spiritual and material together is possible But spiritual
persons don't think about what is materialistic and materialistic
persons don't understand spirituality in general.

When the desire drives the life that is materialistic.

One has to live, live only materialistic life.
All spiritual persons too live in materialistic world
But if the feeling of being with materialistic is not within, then the life is not demanded to be
so. The person is spiritual.

For someone who is materialistic and does some or other activity to show that he is spiritual but
actually all the time, his being is in materialistic thoughts cannot attain spirituality.

It is quite possible to be in materialistic world and be spiritual and
the other way too

But that is a flow
Being in that state
Not intentional, so natural
A smooth transition

Chapter

3

SECRETS OF MEGA-LIVING

1.23. I LOVE MOM – BE A MOM TO BE LOVED

Mom and Dad were watching TV when Mom said, "I'm tired, and it's getting late. I think I'll go to bed"

She went to the kitchen to make sandwiches for the next day's lunches.

Rinsed out the popcorn bowls, took meat out of the freezer for dinner the following evening, checked the cereal box levels, and filled the sugar container and put spoons and bowls on the table.

She then put some wet clothes in the dryer, put a load of clothes into the washer, ironed a shirt and secured a loose button

She picked up the game pieces left on the table, put the phone back on the charger and put the telephone book into the drawer.

She watered the plants, emptied the rubbish bin and hung up a towel to dry.

She yawned and stretched and headed for the bedroom. She stopped by the desk and wrote a note to the teacher, counted out some cash for an excursion, and pulled a textbook out from hiding under the chair.

She signed a birthday card for a friend, addressed and stamped the envelope and wrote a quick note for the grocery store.

She put both near her purse.

Mom then washed her face with 3 in 1 cleansers, put on her Night solution & age fighting moisturiser, brushed and flossed her teeth and filed her nails.

Dad called out, "I thought you were going to bed." "I'm on my way," she said.

She put some water into the dog's dish and put the cat outside, and then made sure the doors were locked.

She looked in on each of the kids and turned out their bedside lamps and TV's, hung up a shirt, threw some dirty socks into the basket, and had a brief conversation with the one up still doing homework.

In her own room, she set the alarm; laid out clothing for the next day, straightened up the shoe rack. She added three things to her 6 most important things to do list. She said her prayers, and visualised the accomplishment of her goals.

About that time, Dad turned off the TV and announced to no one in particular. "I'm going to bed" And he did...without another thought.

That is the difference between MOM and DAD.
MOM is created to Love.
Be a mom, a giver of love.
You will get it back.
DADs too can love like MOMs.

1.24. BE LIKE WATER OR AIR - ENJOY THE SPLASH

Be like water or air and not like solid

Water flows adjusting and compromising according to the slope. Do not demand

Air too has these characters

but the solid has not

Thus when something gets in water it dissolves, be with it..

And water carries, let the big log fall the water still flows

The waves come and go but the water does not change

The air is not cut with the crash or thrash the missile cuts off and goes but air has no problem

One has to be like this. The splash and the vibration could happen in life, but life goes on and on. The air gets polluted, fired but soon gets back to stages Water too gets back soon Life must be like this.

When kid once gets wounded - will cry
Again on seeing the wound will start crying Even when it is not paining will start thinking of the earlier pain and will cry.

Don't be like this
Be matured
Flow according to wind or slope,
forget the past and splash
enjoy being with the flow so natural.

1.25. REASON TO BE SICK

The reason to be sick is always not single... It is complex

Physical, Intellectual, Emotional, Social, and Spiritual requirements are to be met or else you will be sick in these five aspects

Any small physical requirement which is not met at the right time can result in any of the other non-wellness immediately or after some time.

Today people are too busy they have no time or space for breathing / drinking / eating / urinal / toilet / sex / bathing / relaxing The result is the physical problems That in turn will reflect in either one of the five parameters of LIFE

1.26. DIRT NEEDS TO BE EXTRICATED EVEN IF OF OUR OWN BODY

The time we feel that it is part of us, belongs to us; it looks so beautiful, wonderful.

Enjoy it.

Use it.

Keep it.

BUT the time we feel it is not part of us, the time it seems external

It looks ugly, bad, dirty, etc.

For that matter, let that be your hair, your nail or your own saliva.

Isn't it shocking that you don't mind holding without even going to toilets

But toilet must be clean.

BUT what is that you are doing?

Holding dirt inside!!

1.27. BEGGARS OF LOVE

Many are beggars of LOVE.

They ask, request, demand love from others.
No beggar has become rich.
No rich people like the beggars.
Don't be a beggar of love.
Be a giver of love, people will love you back
Rich people will have the company of rich ones.

(Renu)

COMMENTS

SUCH A NOBLE THOUGHT

How true you said it.
love and money
Two things people run after and Two things go far from
you as much you try to be near..... and you let the other
end loose
if that is meant to be yours it will follow you ...
(Dr. Sreelakshmi)

NO NEED TO FOLLOW

THEM.... These words are
too good .
Don't be a beggar of love. Give love !!!!
I think love, God and key to success are hidden in every
person.
*Mai tujmey kahin hoon aur tujhey khabar bhi nahi
band ker aankhey mai saaf nazer aaonga
tu khud (ego) ko bhula
dey mai khud khuda ban
jaoonga*

SO MUCH SO FINE SIR

Yes its true that we would love to see our loved ones
happy and we go to any extent to sacrifice and share
everything possible see them happy
But does it not become more noble when we cult a
culture at our home and pass it to the society.
Won't it give us more happiness to sacrifice our share
and grant it to the needy?
So don't restrict that good culture in your family alone let
it spread and let's find more happy faces all around
(Dr. Sreelakshmi)

SIR, I DONT AGREE

with the fact that if you give love, you will get back again.

To get love don't love others.

To love only, love others.

Why to expect that I will get something so I will give
something.

This kind of mentality is not good.

If you study the life history of great people, like Vidhyasagar,
you will see what he got by loving others.

People blamed him.

Actually if you love others, you can get hurt a lot.

We all human beings got hurt from the people we love.

It is very common and nobody disagrees with it.

The one who does is a hypocrite.

I agree with that you get love by loving others but not always.

I partly agree with you, Sir, but not completely

(Sayantani)

EXPERIENCE IS THE BEST LESSON

A little of the fact is not the whole truth.

Experience will give a better lesson

Yes, there are bad experiences too.

Don't get into that.

1.28. TO BE STRONG

Physically

Mentally

Emotionally

Spiritually

Socially

means that one needs to have experience

Experience life in all these aspects. That
will make us strong.

Need to learn, develop skills and get motivated. Read
and learn from GURU in these aspects.

The lessons and life of great people are the inspiration.

Be brave. Be independent. Be courageous and open,
free, creative. Don't worry, enjoy.

Life is an interesting subject

Respected Sir ji

Today I came to my office early, while planning out my work, read your mail and went to orkut and find that what all questions I have about life is already answered in life made simple. As Mothers give Horlicks and Boost to their children every morning for their growth, like this I am going to take each lessons as Horlicks and Boost in my life and practice it for my growth and evolution for which god had sent us.

Chapter 4 ROLE OF A MENTOR IN SIMPLE LIVING

1.29. FAITH IN GURU

QUESTION

Yesterday's discussion about

Today's lesson is How to be stronger.

May God bless you with lots of success, strength, happiness, love, name and fame.

With Best Wishes

(Josmi)

Vivekananda's question to his Guru, "Have you seen God?"

and the Guru's answer, "Yes like you are seeing me I have seen God"

Ramakrishna Paramhansa is telling us about the Universe. That this universe is God.

Please explain Sir ji what exactly Ramakrishna has seen in the form of God and told to Narendranath from my childhood I am hearing this story but till now I am confused.
(Josmi)

Seeker Will Believe

Only Ramakrishna and Vivekananda can answer this. but the probable interpretations could be:

Vivekananda met Ramakrishna with full faith of getting the answer.

The answer was so firm that the seeker will believe.

Faith is what will make people see GOD

The same faith is seen in Vivekananda so Ramakrishna gave this answer.

COMMENTS

You are very much right sir..
faith brings results.. Faith upon self and faith upon Master in necessary. A Guru is a senior person, who already achieved the goal. So faith upon Him, can make us to reach the goal. (Praseetha)

GURU will not teach

GURU will not explain or teach or describe or provide data or information.

He takes one to the sun and allows to see around instead of teaching in the dark about the beauty of sun light. He drives people to light from dark.

gururbrahmaa gururvishnu:
gururdevo maheswara:
gurusaakshaath param
brahma thasmai sree gurave
nama ajnaana
thimiraandhasya
jnaanaanjana salaakaya
chakshoorunmiilitham yena
thasmai sri gurave nama:

Not having knowledge is like blindness - thimiram (cataract) and the Guru removes it with the knowledge (eye-drop).

1.30. HOW TO SELECT A GOOD MASTER

Like kids as they grow, their choice for the games and the playing items keep changing and so do the masters at many levels.

From KG to PG one doesn't have the same teacher and should not have.

Same way one must seek higher and higher.

The school may be in the village. For college and university, one has to go far. Thus for the higher guidance

one could get always a higher master, may not be too much accessible.

To boil water one has to heat 20 minutes, it is not enough that two 10 minutes with an interval. Thus the sadhana needs to be continuous. Not at breaks and at varied intervals.

More than the sadhana, the goal must be given importance, and then the sadhana will get in line and will not have time to think. The sraddha should not be on sadhana. The chanting and the numbers are not important, the happiness and the bhavana must be good.

Sraddha on sadhana will be as enjoying the driving in rounds. First round will be thrilling. With a few rounds will get bored and the drive with a goal will be more interesting.

Enjoy being with it, with guru and sadhana.

COMMENTS

Thank you God for a wonderful Guruji

Respected Sir

Very interesting to read that
from KG to PG we have different Guru's
But after PG also when one finds Guru,
teacher to guide in life and tells life's lessons.

So how much thankful I should be to God
for taking care of me so much.

Best wishes

(Josmi)

1.31. SRADDHA AND SADANA MAKES BETTER LEARNING

Sraddha is concentration and Sadhana is practice.

Everyday one may do chanting (sadhana), that doesn't mean he has sraddha in that.

May be anything you are interested in, you will have lot of sraddha, but that may not be worth practicing (sadhana).

You may be traveling and may see many things on the way, and you look at it very carefully, that means you have sraddha;

That may not be in practice (sadhana).

**This means that they are not the same and are not related.
You may do an activity once (without sadhana) still you can have sraddha.**

When sadhana with sraddha is in life that makes better learning.

Chapter 5 SATHSANG INFLUENCES

COMMENTS

Meditation in our life

Respected Sirji

How to meditate was a question for which I was searching an answer, reading does tell us about the importance of Meditation but its analysing self and concentrating in our breath, I will try it. Thank you for making meditation so simple.

With Love
(Josmi)

1.34. WHY ATTEND LECTURES

Read this from a letter of a student :

1.32. SATHSANG INFLUENCES

Attitude, character, role and goal are influenced by the people around us.

The environment matters.

Dear Sir,
Greetings to you.

I attended your classes at Ramakrishna math in morning and evening sessions for communicational skills and mind management classes (10.09.2007 to 15.09.2007). I didn't get opportunity to talk to you after the completion of the sessions.

I would like to say you one thing that I have learn many things by your lecture, really your expressions and pronunciation of words by using Sanskrit in lecture is really impressive.

I am presently working as asst. Manager (HR) in Mithra Agencies at RTC ' x ' roads. I felt that I did good thing by attend the class. At that time I was in fully depressive mood and submitted resignation that was accepted by my General Manager. He rejected my resignations even

though I was not accepted with him and I searched for one more HR-Manager and got selected.

Later I attended your first class, and I could overcome all the stress from my mind, I feel very free by that moment and my heart was filled with joy and courage.

Really thanks a lot to you sir.

1.35. LEVELS OF THINKING

I was taken to a temple by a few noble hearted people. It was a good darsan. The first round with the 'sreebhooothabali' was over and I was in a corner, got into meditation.

That is when I learned that I was in the hands of the priest. I opened my eyes.

I saw the priest with lord ayyappa's vigraha in the pradiskshina.

The rounds with drum were over and we made the entry inside the garbhagruham.

The thought continued.

The sankalpa I had was that I was with god.

The meditation took me to god, joined me with god. This means I am in the hands of the priest who carried me. The pradikshina was felt as the planetary motion around the sun.

The milky galaxy is revolving around what?? That feeling joined me with the universe.

On the way back I was thinking of the levels of thoughts people could have :

The small boy thinks he will be one day the watch man. The next fellow thinks he will be the office person in the counter

The next fellow thinks he will be the temple authority Another as the drum player The priest and so on

Did anyone think of being with god?
Or to be the god himself.

The lesson of today is
Being with god. Being god.
That is a good feeling.
Thanthra says; to do Siva Pooja, be Siva.

[COMMENTS](#)

Destination is being with God.

Respected Sirji

Today's lesson is being with God, it's really a wonderful experience when we think of God and Consecrate in his name.

I wish you a wonderful day
Divine Mother Bless you Sirji
With Love
(Josmi)

1.36. BEING WITH AND WITHIN IS YOGA

Hearing, seeing, tasting, touching, smelling
listening, learning, knowing, experiencing, being
are the steps towards anything

let it be for reaching
GOD
or anyone else

Being with and then being within is yoga.

Bliss, Enlightenment and Spirituality are in one who is with God.

Yoga means joining. Thus Yoga means joining with God.

1.37. TO BE PURE OR NATURAL ?

Pure and perfect, who can rate this? It all depends on our practice, the demands from the society.

It is fine

BUT being natural is better
More natural - more enjoyable

At the same time we are humans and thus artificiality is social life People think that is better.

More polished acting if not natural.

What a life !

COMMENTS

What you said is absolutely right sir.

I agree with you.

We are acting most of the times. We are natural at times.
(Gurudev)

1.38. LEARN THROUGH DISCUSSIONS

*acharyath padamadatthe
padam sishya swamedhaya
padam sa brahma charibhya*

paadam kalakramena cha

means LEARNING is

one fourth from teachers; one fourth self one fourth by discussions; one fourth after some time Learn, discuss and Teach.

COMMENTS

Keep your eyes, ears and mind open. Knowledge will start pouring in .
Now start using your brain as an intelligent filter to distinguish good & bad for usage.

(Padmanabhan)

Chapter 6

YOUR CHARACTER : YOUR ACTION PLAN

1.39. FOUR STEPS TO REACH GOD

1. Neglect those who oppose bhakthi
2. Mercy on those who are materialistic and not spiritual
3. Friendship with bhakthas
4. Love GOD

Religion and Rituals are the paths to God and not the God These are to take people close to work with the goal.

GOD IS WITHIN US

Yes, the God is within us and kindle that light within

1.40. SELF-ESTEEM

What is that one need in life? Is it self esteem ?
What are you dealing with at this point of time in life?

Are you Blank?
Pure?
Clean? Reflecting?

or
Busy in Stocktaking?

What is happening in LIFE; what next ?
Isn't it really stocktaking?
Why do you want to do service to society?
To be famous?
Once attained, what after that?

Nay you need to do something different.
You need to change to be
More productive
More autonomy

Develop a sense of uniqueness
Leadership
Be more accepting & loving.

SELF-ESTEEM is
What one is identified as
Self-understanding
Yes. That is it with which one is identified as.

It determines if a person is egoistic or not; Status of
the person in the society and the dealings in the
society.
The way one behaves at one place may be interpreted
as show or ego whereas it may be seen as natural in
another society.

A person refuses to take financial help from his wife
during crisis; is this a state of self-esteem or ego? –
this is what some one understands as self-esteem !

That is not his character; it is just a question of relation
between them. The character is how one behaves all
around him; not to a single individual at a given
instance, or a specific case.

1.41. FOOD AND PRACTICE

Food could play a role in character molding.
More influence could be from biological reasons.
Much more is the people with whom they spend time.
The survival and the demand of the life situations will
also give character.
The elephant and the monkey are vegetarians.
But their character is different.
Elephant generally doesn't run, but if required it can.

Fox and the Lion are non-vegetarian, the fox keeps
howling, the lion keeps quiet most of the time.

The biological features determine main character and
the group with whom one is attached influence human
character.

Have a good sathsang. Thus the practice that one has is more bearing on the character.

Food does have an effect. Also there is much more so the day of conceiving by the mother, her mood on the particular day, what food she ate etc. will influence more than the food what one eats in life.

We eat only what is practiced around. The northern and southern cuisines vary and so do the east and the west.

Tibeten valley is the place where our Gods were living. People over these places are God's own people. These highly spiritual and satwick people eat non-veg. The food doesn't make them low in character or spirituality.

Thus the food is just what one has in practice. More geographical and traditional is the practices.

One could pick up a single odd one out even in a family with a different taste.

The more he is into that, which will be his practice.

1.42. PRACTICE WILL MAKE IT HABIT

The skills that are to be exhibited may be practiced; this is the best tool to learn.

But in cases like Love, compassion, happiness, honesty, spirituality etc., skills cannot be shown. Not an item that can be presented and hence the practice is not self-created opportunity. The evaluation is also not possible.

It is not that one has to evaluate self.

The consistency is important.

The situation will determine the level one has reached. Never try to evaluate or get the evaluation done from someone.

It is you and the credit is not yours. Hence the merit cannot be credited. Thus it is unimportant to know.

May be people around you will make the comment, May be people will follow you.

Not because of the structural – institutional backing but because of the individual greatness. Thus the institution for love, charity, compassion, spirituality should not be exhibiting. The individual must live for that and die.

1.43. FAITH IN YOUR OWN SELF

When continuously being battered by the storms of LIFE and the very spirit is ebbing away;
then all one can do is to hang onto that gift called 'Faith' that one support which will weather the storms

Faith does not depend on a clever head It demands only belief; belief in the self and the strength that lies within.

Faith is the seed of victory and the foundation of making the impossible possible.

1.44. WHAT IS CHARACTER AND HOW TO BUILD IT?

According to me, it is only the character that describes a person.

To build a "character", one must try to increase his will power as much as possible.

One must always remember that we all have "2" minds"; one: which provokes us to do the good or right, and second, which motivates us to do which is not appropriate or wrong or bad.

Mind's nature is like water.

Just like water always flows from higher to lower level, the same way, mind always flow from higher to lower.

But it is not always like that.

When we change the water into water vapour by heating, it will change its path, and thereby flow from lower to higher.

Like that way, mind will also go from lower to higher but for that we need to do many things.

An external effect, heating on the water changes its form.

Like that way we need to do too; To make the mind travel from lower to higher,

the thing we need to apply is not "EXTERNAL" but "INTERNAL"...

Once you can tame your mind, you will realize it is the time to rebuild your character.

You may ask why "REBUILD"?

We all possess a 'CHARACTER' it is just that either we are "mending or maintaining the character" throughout our life.

PURER THE MIND..... STRONGER THE CHARACTER.....

We need a "filter" or "the water has to be boiled" to make the water germs free.

LIKE THAT WE NEED "PURE THOUGHTS" WITH STRONG WILL POWER TO PURIFY OUR MIND.

1.45. YOU : RADIATE LIGHT

Each one of us is a walking radiator. Mostly we radiate thoughts and attitudes. From deep within we radiate our state of being, and the essential, original and eternal state of every being is peaceful and loving. But we block and distort this energy with our attachments.

Attachments turn love into fear, peace into anger and then distort our attitudes and actions towards others. This is neither relaxing for ourselves, or for those around us. This is why detachment is the secret of living lightly and lovingly.

To be a radiator that people come to for real warmth, what do you need to detach from today? If you don't detach then you will stay attached, and then you will see others and life itself as a threat, and your tension will keep them away. But they cannot threaten you.

Only your dependency on a thing, or an idea, or an opinion can be threatened.

COMMENT

Sir, You said it. But detachment does not come so easily or may not even be achieved by ordinary mortals like me.

What we can do is only strive continuously towards detachment.

After all we are human beings and to rise above the normal is certainly not an easy task.

Truly, as you said attachments turn love into fear, peace into anger and then distort our attitudes and actions towards others. No two opinions on this.

I see GOD as my goal/aim and not means and I am really not aware to what extent I am in the right direction. Would request you say something on this. (Ravi)

1.46. ULTIMATE IS HE

The ultimate aim is to reach him..
you are right..

Detachment is not leaving anything physically. Get detached to food doesn't mean that you don't eat. you eat but your mind is not always in it. You think of food only when you feel hungry. Eat for the requirement, and not just for eating sake.

You own a house and you are satisfied. You feel that you possess it. You will not carefully watch all the houses around you.

But when you are in search of a house, you see all the houses around and keep comparing, assessing etc..
This materialistic thought of house is in you as you have the desire of a house and you are live in that thought..

Detachment comes when you attain it or when you think you don't want that.

Both situations are one and the same
As the world is not yours or the world is fully yours.

I have no house in Delhi, and thus I can sleep in anyone's house.

When you have a house in your village, you are bound to sleep in your house in that village.

Possessing leads to closed (limited) options / restriction.
Detachment gives freedom

Only in the mind level, not in the worldly level we possess.

Change the mind, thus for all this can be practiced.
Easy and effortlessly attainable.

COMMENTS

Attachment **and**
detachment

Respected

Sirji

Well explained, I told this to Aunty also she liked it very much. Thank you for making life so simple.

Love
(Josmi)

Uncl

e, I get attached to people very very easily.. Lately I stopped talking to few people in life who meant the world to me..

Because I thought I was getting too much into them and their fights was all deviating me. All I wanted was to be with them...It's hard to go to the same places as they all do and not even talk to them..

Now I have started to miss them.. Here by detachment do you mean what I just did??

I am sure, NO

It was getting too much and I called one of them today and when I talked to her about it she said being fake is the real medicine.

It would serve your purpose.. and I was shocked to know that even she was faking it with all of them till now. She was being fake to all of them too just for the sake of being with them.. For company that is it..

How do I become a little detached from all this.. and not let things affect me so much..

(Surya)

Chapter 7

GOD LOVES SIMPLICITY

1.47. BLIND FAITH MAY TAKE YOU TO GOD

The story of a thief goes like this.

The thief listens to the Bhagavatha Sapthaham (seven days story description around Lord Krishna) by the pandit explaining the golden ornaments that Krishna possesses.

The thief is not aware of god and story of Krishna, To him, he just heard about richness of one Mr. God Krishnan.

After the session, thief meets the pandit who narrated Krishnan's wealth. Asked him to give the address of that rich man. The pandit tells the thief that it is only the story of the god and no god can be physically seen. Thief being so innocent could not believe this explanation and threatened the pandit to get the address.

Pandit explained the way. The big compound wall, then the big door, the first door then the second door, the small safe inner house like that a complete narration to reach the nearest Krishna's Temple.

Thief following the description reached the sanctum sanctorum of the nearest Krishna temple with the faith that the richest man lives there.

He saw Krishna there, showed his knife and got all the ornaments of Krishna removed.

On the way back home, the thief went to the pandit and gave the portion of the ornaments as the commission for giving the address.

The pandit with all these years of sadhana could not meet the god as he knows that god does not physically exist

The faith, blind faith.... is some times.... more closer to god..... than the intelligent logic

1.48. WHY NOT SIMPLE BHAKTHI ?

For many people bhakti is sahasra naamam chanting
(thousand names – nonstop) Timely visit to temples,
Going for pilgrimage
Learning slokas by heart
offering to the deity
making donations so on
and so forth.

So complicated is BHAKTHI

Many a times, these are only show and not natural

May be god will not sanction the certificate of bhakthi on
these counts

For him simple, natural way
of life Doing your duties
Being simple is life active
Taking initiative courageous
love helping all around will be
accounted for Bhakthi

1.49. GITA - ONE QUESTION - ONE ANSWER

In Gita

Drutharashtra - the blind king asks Sanjaya,
who is a common man with a vision, about the
war and what is happening.

*dharma kshethre kurukshethre
samaveda uuthsavaha
mamaka paandavaaschaiva
kima kurvathi sanjaya*

For this question in the first sloka in Bhagvad Gita the
answer is in the last sloka given by Sanjaya

As where the physical strength of Arjuna
and the mental support of Krishna exist
the success will be.
Thus goes the sloka:

*yathra yogeswara krishno
yathra partho dhanurdharaha
thathra srivijayo bhoothihi
druva niithir mathir mama*

Chapter 8

THE GIFT OF SHARING

1.50. I WANT TO DO - SHALL I HELP YOU?

I wanted to do this and that, I am not able to.
Shall I help you?
Normal discussion of entrepreneurs includes such talks.
This will not work.

If one is capable of doing, he will do it.
If one can't, then he can't do it in sharing too.

Why someone to take share of other when they can do alone?
Offering / taking help shows inability to do alone.
Help is not a good action.
May be in due course people who does similar work will join.
They grow together.
Share but don't help

COMMENT

Help and share

Aren't the above two different entities?
Help is given to the needy.
and sharing is something done with mutual concern
so is it bad to lend a hand to needy?
May be that's pity for them to accept
share only with those who can have a give and take policy;

A two-way business

(unknown)

Nara Prathyupakaaraarathi

People always hope for help in return while helping they are expecting you in trouble

nara prathyupakararathi
vipathim abhi kaamshyathi

They are like people who are praying for the other to be in trouble, it is said in Ramayana.

COMMENT

That's an eye opener

That info should be an eye opener for those who claim to have helped others and keep complaining of the people who received and they did not return it.

(Unknown)

Help is not a loan or material which can be given and retrieved.

The real help is that which is done with empathy and with the right intention of making the receiver comfortable in the particular life situation.

And importantly, the help is the donor's obvious 'Karma' or 'Duty' and you are bound to do your duty without expecting anything in return to it, not even the result.

Everything will follow your 'Karma' and you need not bother or raise your BP for that.

1.51. KINDNESS

Great souls take advantage of every moment and every opportunity.

They look forward to give happiness to others through kindness in their thoughts.

Such souls are willing to overlook weaknesses and mistakes and have the desire to help everyone to reach their potential.

1.52. BUILDING CONFIDENCE

QUESTION

Respected Sir, this is Sandeep, I am a student in R.K. Math. I have completed my B.Tech. AT present I am taking coaching for GATE exam, for joining into IIT for M.Tech. For that I need to get the rank below 100 in all India. While preparation, sometimes I lose my confidence.

Whenever I feel that I am unable to read, I go to my friends and start narrating study problems and the problems which I face everyday.

I am observing that after listening and seeing me, they get irritated.

I think I lose my value by revealing my problems. But what can I do?

My nature is always I want to share all my problems, and happiest movements with others.

Suggest me how not to lose confidence and how to be always confident

how to get self motivation (by not depending on others)

How to be a man with always positive attitude especially on studies

how to lose the habit of loneliness which always makes me share my views especially problems with others

while studying sometimes I lose my concentration suggest me how to concentrate for more time on studies.

I am asking you only to come out of the problems, which I am facing now. I hope you will send your valuable kind suggestions for to be in all India toppers in my upcoming exam.

With so much of hope in you, I am sending this message to you.

Please grant your valuable reply.

THANKING YOU SIR.

(Sandeep)

BUILD Confidence

Read

Write

Share your lessons to improve study time and concentration.

Knowledge used becomes Skill.

Skill is that which gives confidence

Practice.

That is the best way Just before exam, as if you are in the exam

hall Write exam fully by yourself

alone practice this many times

talk to your-self practice this by

Use of mirror. Talk to mirror - feel as if you are talking to your friend.

COMMENTS

Hi

First tell yourself that every problem you face will have solution, when u r positive and open minded solution will come to you.

Try your best to share problems with friends who are positive (avoid negative influence).
(anon)

Confidence is there within you. God is also there within you.

You can say confidence is also a blessing of God.

(anon)

Don't think that you are less than anyone
Believe your self the success for the goal is only

HARD WORK.... HARD WORK.... HARD
WORK...

follow VIVEKANANDHA "strength is life; weakness is death"

All the best.

(anon)

Chapter 9

INTER PERSONAL RELATIONSHIP

1.53. HANG 'NO ENTRY' BOARD TO THE INCOMING HURTS ON THE DOOR OF HEART

Inter personal relations are important. The interaction and interference will always have conflicts.

The need is to accept people as they are for the better feelings and happiness.

What others do, will not affect unless you take it to heart.

Nothing in this world is in our heart. External materials are never confined to heart, thus the effect also is external

The interpretation by the mind (buddhi) carries it in the heart (manas).

Just make the negative as positive by changing analysis.

Accepts thoughts that give happiness and reject that hurts.

COMMENT

Dil pe mat le yaar

Dear Sirji

After reading the inter personal relations I just remembered these line when are we unhappy when we think and do according to our heart but if we don't do like that breaking hearts will not have any place so Sirji you are teaching us that

dukh ho yaa Suk hasthe muskurate raho.

Dil par mat lo Sir ji Aapki

Khushi salamat rahe.

(Josmi)

Nothing enters in the heart

Is there anything in the world that enters in our heart?

Nothing in the world can enter in our heart.

Any material when it is out, if it is far or near, with me or with someone else

Take it to heart, that feeling is in heart. Be happy if not material, at least the feeling, that it is yours. You will enjoy.

1.54. RHYTHM OF MARRIAGE

What is the ideal relation between married couples?
Is it based on trust and loyalty?
Does trust and loyalty breed an ideal relationship?

LOVE, unconditional LOVE is the best raga in Marriage.
Accept people as they are, don't change to love don't love to change.

Too much of love is good,
but most of the time love will result in possessiveness
leading to demanding and controlling. That will breed
to lack of trust.

Pure love is getting into loyalty.
But actually it happens the other way
People don't show love and loyalty and start demanding
both.

THUS in marriage

the good music comes with all the strings in balance
not too tight, nor loose, must vibrate well to bring
good music.

1.55. LOVE, MARRIAGE AND FAMILY

LOVE sometimes ends up in MARRIAGE

Love turns to a demanding bondage. Many
a times love makes people land up in
uncomfortable circumstances

Life has to be a long term partnership; sharing
and supportive.

Too much adjustment is what happens in marriage. Once
you adjust, you lose your identity and that makes one
upset. Don't adjust, accept as they are.

Don't get married for demanding love.

Then love fails and the marriage stands.

Marriage without love will make the family
suffer the next generation seedlings will
suffer family fails in the end.

COMMENT

sneha saro ayam purusha

(Dr. Sreelakshmi)

1.56. LOVE ACCOUNT

Creating LOVE Account,

When one gets to know each other, they are creating a LOVE account for each other.

The transaction will make them eligible to take credit / over-draft / loan / etc.

No one will support the other, like the bank loan, if the other can't pay it back

You have sufficient asset, then bank will allow loan and over-draft too.

You have enough love, people with interest trust and depend on you.

Thus LOVE is like a Bank Transaction

Yes; all the humans are *sneha sara*.

The context of this statement is entirely different from the topic, but how true it is.

Can anyone live? Enjoy?

And End

this life without the support of this bank?

Doesn't the blood bank come second when counted on the richness of love bank?

Love ... love.... love..... anything and everything, and loving will dissolve the hatred from earth.

Make it more beautiful.

To live and to let live.

Chapter

10

BOONS OF CREATIVITY

1.57. CREATIVITY IS ACCIDENT

Creative means that what comes from self. which is not learnt from someone Thus any action that happens accidentally or spontaneously is creative but generally people do not get into creative action Creative action gives chances for criticism.

All accept the learned path. So people think and act according to what is learnt by them from time to time Thus they remain only artificial and are never genuine, never natural.

Buddhi makes the creativity to surrender
As creativity may create blame
And people do not want to get blame
Thus they feel not being creative is safe

Less buddhi and more of heart will make people creative

Creativity **Is**
Accident It should
come from within that
happens
accidentally.
not from learning and thoughts.

COMMENT

Environment
I don't think it happens accidentally. Because it depends on the environment in which you grow.

(Ms.Sankari)

1.58. SOCIETY MAKES US NON-CREATIVE

Environment is artificial, that makes people live socially that is not yours.

It is added in you, you are taught to be like someone else

That makes you one among the trained, not the real you.
We all become someone else for the environment or society. What is yours?

Once you throw away that learning, you will get into more creative activity.

Be more demanding.

Starts fighting

Once you expect too much from someone expectation turns to be demanding

if the response is not as per the expectation it leads to fighting.

Control your Expectations.
Enjoy what is seen, given.

COMMENT

DEMANDING In case of love we are
not ready for demanding. After marriage
we start the same demanding.

You also told that don't get into demanding more
from love but I will tell you first demand, then love.

Many times it will not fail

(Ammu)

1.59. BEING NATURAL

Being natural is
Accidental
Cool
Calm
Smooth
At ease

That is meditation

Used
Learned
Skilled

Artificial life is a societal
need but not natural
Being easy, is creative;

But still people become artificial.
More social and more advanced means more and more
unnatural;
Added ego, lot of extra fittings around as designation,
name, status etc.

So unnatural,
Work according to someone's requirement, demanding
from the society governing the life.

It is so uneasy.

1.60. MAKE YOUR CHILD CREATIVE

Many internet sites are available on this.
Even NASA provides a few.
BUT all are from different culture and background.

It is better to have a good group of kids, good company,
of same age and some of little higher too. Give more

responsibilities viz. give job of stitching, working at home etc.

Teach them to keep things neat. Teach self-discipline. Give your child more of a feeling that she is a grown-up girl.

A kid of class VI may be asked to write the home account Give him or her, a diary to write

Ask to write about her friends, character etc.
This will make them to think more.
Reading newspaper, making diary is a good practice. Relatives and the relation tree construction are good. To learn more on wife / husband/ cousins and such relations.

Geography map created self by marking known places is a good learning.

Learn measurement - guess how many km between places and thus guess distances on road / room etc.

Guess weight of objects around.

Practicing drawing gives good idea on scale and proportions.

Chapter 11

ECONOMICS OF LIFE

1.61. AUDIT OF LIFE

Let us assume that we live for 60 Years Account of life then would be like this: To get exact hours we spend, add it up and then divide by 24 hours and then 365 days to get years in that account.

Sleep 20 Years
(as 8 hours in 24 hours is one third, that is one third of 60 years; amounts to 20 years)
Like this each activity can be summarized as:

Study 6 years
Work 10 years
Eating 6 years

Getting ready or makeup etc. to look good
Thinking
Lazy time

Time pass Gossip
many years goes on
these

Do we live?
Many of us don't.
Mostly we say that there is no time to live.

Invest time in life so that LIFE will get
added to years. Not years will get added
to LIFE Live in moments so that we feel
that we lived.

In the life; balance sheet have some credit.
Invest life on others so that you can get overdraft
from them.

1.62. NEED TO LEARN : BALANCE CAREER AND LIFE

Balance career and life with loved one.

Balance YOUR Career.
You are known by your career.
Yes career is important

The question is
How much important is Career in LIFE

Very much, BUT -
LIFE is more important then career

Career is to support LIVE

Someone else will do our job, we are not important for job.

OUR LIFE we can
only LIVE

The more we do on Career forgetting our LIFE Later
who will be with us?
I have example of Scientists, High Government Officials,
and Professors who have done very well in their career.

They have no social / family LIFE
During later part in their lives, at least a good number of
them when they lost career or job and LIFE was left with
them to LIVE and no one was around to share their
feelings

They have to LIVE their alone their old-age
not even partner or kids with them When
they died
no one knows the addresses of the kith and kin waited
in the hospital / mortuary for dead body to be claimed.

That is LIFE!!

Balance your career and Life.

COMMENTS

had the dream of doing MBBS but got 7000 rank in medical entrance and could not get through it. Sir now I have opted for Engineering. I am really sad as I could not get into medicine. Now I feel I didn't

And finally don't hesitate if you are not expecting anything back not even love.

(Dr. Sreelakshmi)

THREE WAYS are:

1. ENJOY
2. ADJUST and ENJOY
3. NOT ABLE TO ADJUST --- then QUIT.

If
NOT ABLE TO ADJUST and PROLONG,
It is sheer waste of time for the SELF and for the
SOCIETY too.

1.64. FEELING LOST?

do what I could. Actually I am never satisfied with life.

(Lubzz)

Agreed to your views to make a balance but Sir, what if there comes any break in some manner.

How to cope up with that, How will you
evaluate it for good or bad?

(Archana)

Animals don't think of others, past or future when they have to deal with a situation Thus they are neither happy nor sad at the core of the heart

Human being is a social being
He has become intellectual He thinks on
past or future and around and so reacts.

They are not reactions, they are the
manipulated responses. They are not
from heart.

Though almost all reactions are
against the SELF

This makes him more UPSET

Feels Unhappy, totally LOST at
times

What to do?
React as we
can, don't be
reserved.
Come what may come.

COMMENT

So what's the
difference? Will we the humans have
any difference? if we don't think
intellectually?

If we responded the way we like,
Shall we feel sorry for it?

When someone comes to you and says that talking to The ego must be put into trash you he feels happy then the world will
get open for you, a very beautiful one. then you have achieved something in your life. And it's absolutely fine to think the
way you feel

When you have a problem, you don't find someone to
talk about it, and then you are a failure in life.

Won't we be hurting others?

(Dr. Sreelakshmi)

the activity of buddhi LET
the manas be the KITE
Buddhi as the THREAD to control.
Leave the manas as far as possible, But hold with
buddhi at times to have the safe flight.

COMMENT

So where is the boundary?
Isn't the string of the kite flexible?

Is there any limit to fly?

If not why people hesitate to hear mind
with the buddhi's back up?

(Dr. Sreelakshmi)

I can share my happiness and my worries.

if it doesn't harm self and others.

(Dr. Sreelakshmi)

One feels LOST;
Fully LOST when
no one is around to share your feelings

COMMENTS

Sir

I don't feel very open to my friends and even parents with whom I can share my feelings with. I feel restricted to share my feelings because of the fear that people will feel I am dumb and sharing with my parents because I feel will make them tense. What is wrong with me? All my friends are really open with their parents. Am I different; can this harm me? What is the way out of this loneliness?

(Lubzz)

Thank you
So true sir.

I feel so lucky that I have so many around me who love me.
Soul is our Fixed Asset

Brain is our Fixed Deposit

Thinking is our Current Account

Achievements are our Capital

Character & Morals, our Stock-in-Trade

Friends are our General Reserves

Values & Behaviour are our Goodwill

Patience is our Interest Earned

Love is our Dividend

Children are our Bonus Issues

Education is Brands / Patents

Knowledge is our Investment

Experience is our Premium Account

The Aim is to Tally the Balance Sheet Accurately.

The Goal is to get the Best Presented Accounts
Award.

Chapter

12

WHAT IS REAL LIFE?

You need lot of courage to face
all the ups and downs.

(Lubzz

1.68. WHAT IS LIFE ?

A good question!

LIFE is

Jeevan / Chith / Chaithanyam / Athma / Brahman

It is energy, thought, ego, job

all that is around us all that

has made us all that is within

us

viz. the cell in physical, intellectual, emotional, spiritual, social.

Some times something outside us

Some times what we create is life

COMMENT

Great task
To behold the one Self everywhere,
To attain Brahma-Jnana,
Is real Life.

To live to serve humanity,
To practice self-restraint,
To control the mind and the senses,
Is real Life.

To practice Pranayama,
To do Brahma-Vichara,
To stick to resolves,
Is real Life.

To live in Om,
To chant Om,
To meditate on Om,
Is real Life.

To ignore the names and forms,
To take the essence hidden in them,
To drink the nectar of Immortality, Is
real Life.

(Praveena

(Padmanabhan)

Fight troubles.

Sufferings are common in human life. We are making
suffering situations and making them a trouble. Trouble
and suffering depends on the way we see the things, but
they should not come between our ultimate goals.

(Praveena)

Let it be your
happiness,
Success,
Loss, or
Sadness.

All moments are filled with joy or solace only when we have
someone to share.

A good company
that is what is in Friendship or partnership. If

that is missing,

one gets upset falls
in deep sorrow.
will get into depression.

COMMENT

By birth, we are gentle, caring, complex and highly
intuitive individuals.

Artistic and creative,
we enjoy living in a world of hidden meanings and
possibilities, called
introverted intuitive Feeling Judging (INFJ)
(Introverted Intuition with Extraverted Feeling)

Our society turns us to be more practical, sensible, etc.
step by step, artificiality is added to make us 'better' We
the poor!

Only one percent of the population has an INFJ
Personality Type, making it the rarest of all the types.

They will be creative, artistic, poetic, and not very
practical at life
and could fail in family life.

In this modern society people of that kind are very less.

(Sudeep)

1.74. MANAS AND BUDDHI

NOT correct is what brain (buddhi) says.

Heart, feelings, the desire form the manas.

Manas acts fast, Buddhi slightly later.

When the buddhi conflicts manas and the action is not done; manas will get upset; buddhi starts justifying.

When manas and buddhi say the same thing the action is best and we become happy.

Bhagavad Gita says – take manas to the atma level; manas is the cause for happiness and sadness too

*uddharethathmanathmaanam
athmaanamavasaadhayeth
athmaivahyathmano bandhu
athmaivaripurathmanaha.*

1.75. CONTROL YOUR ANGER

QUESTION

Hello sir

I attended the class you took for the staff of PMGs office,
Calicut.

I have a bad temper at times and honestly want to
improve myself,

at least from saying bitter things at that moment.

Can you give me some tips?

(Raju)

It is becoming difficult for you to control and get rid of it since it is not evident to you directly why you are getting angry.

If you have acidity, headache, or some other problem, that could cause this problem.

Lack of sleep,
Tension in office or at home; There could be many reasons.

Your unhappiness, in some other aspect is what shoots out as anger.

You need to find out what is making you upset.

Drink lot of water.
Be more social
Make your-self cheerful.

Reduce your expectations.
Take care of your physical and emotional requirements.

Be happy, don't worry.
Say 'even this will change'.

Be brave.

Behave as if you are more than your age. Behave as if
you are 10 years elder than what you really are today.
Automatically you will be better.

You will definitely take a balanced decision.

(Padmanabhan)

COMMENTS

Reduce your expectations.

This is really a good thing everyone should follow
because expectations bring disappointment and result in
various problems one of which is anger.

(Hazaaron mein ek

Definition of Anger

Anger arises from a communication not delivered or an
expectation not met. Anger is actually a tertiary response:
our initial responses are grief and fear. First, we grieve
the death of the expectation that was not met.

Next, we fear that things will never change. Finally, we experience
anger.

(Sheeba

I'm afraid I will behave 10 yrs plus in all situations.
Just kidding!
By the way how do we make our 2 yr old kid sleep before
12.30 daily? This is the cause of my frustrations for the
whole day.
Sleep less you may say.
Is it a silly question?
I'm afraid you will say that I'll have to manage any ways.
Right?

(Bindu)

1.76. GET INTO HABIT OF SLEEPING AS A BABY

At night when you go to sleep,
just concentrate on your breath,
only on breath be cool!
Enjoy your breath.

Ask questions to yourself on all that you want to know.

In the dream, yes, you will get the answer.
Don't think on the sad, past life.
Forget about your past

Think you are only the new-born baby on the lap of your
mother
Just get into deep sleep as a small baby. Look
at yourself as a baby.

Stay away.
Ask what is that you want in LIFE?

COMMENTS

Good advice!
Yeahhh. It is really working.
I am able to sleep well like a small baby
Thank you sir

(Vineetha)

I tried this
Sir. It really works.

(Sanchita)

1.77. HAVING MULTIPLE INTERESTS

QUESTION

Hello sir,

I am one of your group members, I have done my B.Tech,

I am doing my MBA 2nd year.

I got very less marks in B-tech, so I couldn't get into software companies.

After joining MBA I participated in one national level business plan contest in Indore, by which I got internship in one automation where they will be providing software to the companies,

I have taken marketing in my MBA.

waiting for your reply and suggestions on which aspect I should focus.....?

(amarash amar)

This is A Common Problem

Please see what is that you are looking for in life.

What is your constitution? viz. self-centered to do research, pro with social interaction, learning and teaching, in an office working on others command, or do a commanding or leading job?

To escape from technology many get into MBA.

See your interest first.

If you have interest in MBA - marketing, HR, Finance ---, ask why??
Confirm yourself.

Yes, one could have multiple interests, interest may keep changing.

BUT at a given point of time, one must have a specific target and goal.

Ask yourself on your goals.

Evaluate your merit.

See what to do to improve your score in being better.

Chapter 13

ASTROLOGY IS A COMPLETE SCIENCE

1.78. ASTROLOGY IS SASTHRAM

Astrology or astronomy, which is correct?

I think astrology is not at all scientific.

The movement of planets is discussed in astronomy or in astrophysics. So I am not accepting astrology as a subject of interest. May be due to my ignorance about astrology

(Mohan)

COMMENTS

Dr. We expect your comment on
this (Padmanabhan)

Science

Science is something, which gives answer to questions

Why, when, how, where, what etc

Interrogative questions.

Is it so sir?

We are eager to hear on your part

(Dr. Sreelakshmi)

Astrology is SASTHRAM

Astrology is saasthram, but not science.

As per Bharatheeya saasthram, anything useful for humans is saasthram.

Science is experimental.

Saasthram includes experiencing too. That is the difference.

Nagarjuna says:

saakshaath anubhavair drushto

*na srutho, na guru darsithaha
lokaanam upakaaraya ethath
sarvam pradarsitham.*

In this view, Astrology is helping people and has a scientific basis. BUT practicing / predictions are not science or saasthra.

If handled well, a few Sasthra is science.
Science too fails in the hands of scientists.

ASTROLOGY is an INDIAN SAASTHRAM,
Well established, and has to be accepted unless some other new equipment comes to predict the constitution with only date, time and place of birth; astrology will have to be accepted.

For Marriage, Astrology matching is not a must
Traditionally in Bharatheeya Parampara, the astrological matching was not seen
The Princess were allowed to select the Husband through SWAYAMVARAM (selection by choice)
For this, the Kings were not screened-in on astrological basis.

It is true that the astrology can predict emotional, intellectual, physical status of the individual and the matching of gunas between two.
LIFE in the institution of marriage is not determined by this matching.

It is more on the social, cultural, economic background and practices

These days people with varied background and practices meet and they plan to start life together.
They make a good or bad match.
A few don't have time to spend each other even to make a bad match.

Many divorcés are due to this problem and more of independence

1.79. ASTROLOGY IS A SIGN BOARD

I don't believe in Astrology
I don't believe that it's not right.
We can get anything from our own hard work.
I think so.

Sir I have serious doubt regarding yours views on astrology. Science is not only an experimental subject I guess. Most of the fundamental and basic sciences theory discovered long years before. However at that time no experimental tool was available. But most of the science are based on the concept of quantum mechanics or based on theories. Still people believe in astrology, without understanding the speed of light which

is very very slow to reach from a planet to an object. Most of the astrological people calculate something at the time being. But basically that stars or object may be damaged thousand years before, even if it dies, the photon from the star reaches to the eye only after a very high time delay. So total output is that we cannot understand what is going on. We have experimental difficulty to calculate time. Untill this time we can reach only up to femto second time scale. But probably most of the reactions in the galaxy may take place even less than femto. So completely I am against astrology, but agreeing astronomy.

(mohan)

SATHSANG, KARMA Matters

Astrology is considering the cumulative influence of the planet on the individual. One has to see the effect which takes care of sources, speed, distance etc.

Attitude, environment, skill, people with one is living are the major influencing parameters. Influence of people that affect our karma (action) and what we do affects others; we need to control them by the common linkage that is the concept of God.

Either you can have faith in god, in your karma or in Horoscope. They don't go together.

You can change your future.
Horoscope is only signal boards,
which shows up, down, turn etc.

If one is a good driver, you don't worry about the signal boards.

COMMENT

One prevails.

And, the flow must continue as you said
irrespective of what is being gathered along with.
Recognition is of course for others to decide and confer.
Truly inspiring! Thank you.

(Ravi)

Chapter 14

HOLY SCRIPTURES MADE SIMPLE

1.80. RAMAYANA IN THE NATURE

Rama is sooryavansaja, representing sun Sita means earth.

Raavana is raakshasa who has vimaana (air-craft) to travel in the air. He is the cloud. Raavana cannot touch the earth as clouds can't reach earth.

Laxmana is indradhanush, lightning, and thus could break the cloud.

The Vayu bhagavan is hanuman who goes to the kingdom of Raavana and creates problems.

As the sun with the cloud could not see the earth, Rama couldn't see Sita.

Hanuman, the wind moves Raavana, the cloud.

Thus Sun could see the earth – Rama could see Sita.

Sun breaks the cloud to make shower and Earth gets shower and get sun light.

1.81. REBIRTH

Krishna and Rama

Valmiki explains in 'YOGAVASISHTA' – lesson of conflict resolution to the 16-year-old Rama - 18 days lectures given by Vasishta.

Krishna in the next janma gave similar lessons to Arjuna..

In one janma you learn, next janma you can teach.

Sita and Radha

Rama had single wife.

Sita was with Rama always.

Krishna had many people for company left Radha at times and went for rounds.

Lakshmana and Balarama

Lakshmana was younger and was always with Rama.

For all Rama's act, Lakshmana faced troubles.

Balarama kept disturbing Krishna as the elder brother.

Arrow in shadow

Rama gave an arrow in shadow Krishna got
it back.

Part - 2

THE LIFE COACH SPEAKS TO YOU

2.1. BLUES OF LIFE / DEPRESSION : ATTITUDE IS EVERYTHING

Yesterday one of my close friend who is a student of psychology sent me a sms

“When rain comes,
crows hide and eagles
fly above cloud”

ALL THAT MATTERS IS ATTITUDE

That is the message.

It made me to write more on this.

ATTITUDE + SKILL + OPPORTUNITY is
needed to PERFORM

Attitude will develop more skill and will hunt opportunity

Attitude with no skill and opportunity will make one
depressed

If any one of this three is absent then one will feel upset.

All these three in equal share are essential for one to be happy.

COMMENT

AWARENESS

People are dull because they are not "aware".
"Awareness" makes people intelligent.

More you are aware about the thing you do,
more you start gathering knowledge of that thing.

"awareness" is a kind of meditation.
If a person is not aware he can't be "intelligent"

(Sayantani)

2.2. THREE ANIMAL CHARACTERS / GUNAS

Humans are of three types.
Cat ignorant
Dog vigilant
Fox cunning
All such types are around you.
Look at them!

Deal as you do with those animals.

COMMENT

QUITE INTERESTING!

But how does one get to know of the human being he is
dealing with,
or of which animal does he characterise?
If suppose, a friend you spend 4 hours of your day with, is
ignorant or of cat's nature.
How does one deal with it??
Just like for other animals.

(Surya)

hide from the fox.

Observe the friends around you with the same character.
Not only in eating but in the other activities too.

COMMENT

THANK YOU, UNCLE
With your example and my mother's help,

I understood the above said
Okay. Now I think I am a cat,
my mother is a dog (no offence) and my father is a
fox and a bit of cat (no offence)

(Surya)

Three Gunas

This is what satwick
rajasik and thamasik
explained in another way.

2.3. POSSESSIVENESS IS NATURAL

Possessiveness is natural and thus the sacrifice is sacred.

The day has relevance only when the other part (night)
exists;

Poverty has existence only when the richness exists.

Sacrifice has relevance only when possessiveness exists.

What can anyone sacrifice, when he doesn't possess
anything?

Thus the possessiveness is the pre-requisite for sacrifice.
Never find fault with the habit of possessiveness.

2.4. BIRTH IS A RACE OR ACCIDENT

Birth is a RACE For birth I fought with
millions millions of my unborn brothers and
sisters In my place, anyone could have
taken birth out of those sperms from my
father

that didn't get the life in my mother's
egg

I am the winner raced many of my
unborn brothers and sisters.

That is my birth. It is me who got the birth
thus I fought for life before my birth

In this whole life, I need not I don't
have to race as many as I had
raced for this life.

My birth is a fight my birth
is a winning I am great
I believe in me I can race anyone
in this life as I raced for my birth

IT is not TRUE : Birth is an ACCIDENT

Skill and motivation is from us opportunity is from some other
source the meeting of these together to make us to perform is
just accidental

Thus including our birth is just an accident

COMMENT

I am the life of my life.

Don't go the way life takes you.
Take the life the way you go and
remember you are born to live and not
living because you are born.

(Unknown)

2.5. ANGER MAKES HOLES

There was once a little boy who had a bad temper.

His Father gave him a bag of nails and told him that
every time he lost his temper, he must hammer a nail
into the back of the fence.

The first day the boy had driven 37 nails into the fence.

Over the next few weeks, as he learned to control his
anger, the number of nails hammered daily gradually
dwindled down.

He discovered it was easier to hold his temper than to drive
those nails into the fence.

Finally the day came when the boy didn't lose his temper
at all.

He told his father about it. Father suggested the boy pull
out one nail for each day that he was able to hold his
temper.

The days passed and the young boy was finally able to tell
his father that all the nails were gone.

The father took his son by the hand and led him to the
fence.

He said, "You have done well, my son, but look at the
holes in the fence. The fence will never be the same.
When you say things in anger, they leave a scar just like
this one.

You can put a knife in a man and draw it out. It won't matter how many times you say "I'm sorry", the wound is still there. A verbal wound is as bad as a physical one.

Friends are very rare jewels, indeed. They make you smile and encourage you to succeed.

They lend an ear, they share words of praise and they always want to open their hearts to us.

Never hurt them, after all what right you have for this !

2.6. IT SHOULD HAVE HAPPENED

"HE should have ...", "it should have rained well." These are oft used clauses by most of us.

I see many of them telling that 'he should have.'

It is just like spending time trying to live someone else's life.

When we live, we must think, I should have...

We are great fixers, and as we watch others we can hear ourselves attempting to 'sort them out'.

We hear it in our conversations with others and with ourselves.

It sounds like, "They shouldn't..." "Weren't they awful". "Did you hear about" "In my opinion they should" etc.

In these moments we waste time trying to write the script of others and forget to write our own.

We have no right to write other's LIFE script and any attempt to do so is futile, frustrating and doomed to failure.

Let others' life be such,
Taste the freedom from the subtle tensions and anxieties about others by letting them write their own script.

Don't miss your life by trying to live someone else's. Make our LIFE SIMPLE by thinking more on us and not on others.

It rained in Delhi the other day, just a drizzling

The ladies in the temple said, "it should have rained heavily."

"The dust could have settled or the cold must have..."
What is the USE of these Complaints / comments ?

ENJOY the Drizzling
and wait for the rain

2.7. COLOR IS GEOGRAPHICAL

READ THIS...

This poem was nominated as the best poem by UNESCO written by an African kid:
when I was born, I was black. when
I grew up, I was black. when I go in
sun, I was black. when I get scared,
I was black.

when i am sick, I will be black.

when I die, I still black.

whereas you white fellow.

when you born, you are pink.

when you grow up, you are white.

when you go in sun, you are red.

when you get cold, you are blue.

when you are scared, you are yellow.

when you are sick, you are green.

when you finally die, you are grey.

and you call me COLOURED

Sir, your comments please

(Unknown)

Geographical Reasons....

Color, Attitude etc are
geographical too.

The birth is an accident, not anyone's choice. that
too in a specific place is another accident attitude
is accident color too

2.8. WATCH YOUR FRIENDS

The attachment and detachment is at mind level you meet
or not is immaterial; you talk or not don't matter. There
are friends and relatives that you know will be with you at
times not for any purpose. When you meet each other,
you enjoy else fine, there is no concern. They are just at
the back of the mind and heart. You enjoy being together
too but have no longing for that

That is attachment at mind level even though
PHYSICALLY there is no attachment.

It is like attached detachment matured
/ spiritual level.

Thus you may be together
but not at all for being
happy being comfortable
with it.

Whenever you get a chance you will run away.
Such is the case of many of the relations for the purpose. for benefits..
PHYSICALLY together without BEING together is detached attachment

Profit and Loss account in relation Expectations are high from each other and maintained for the purpose of the society and status Many of the marriages are also in this manner.

Utterly selfish

A few are such that they can't live without seeing and being together
Such are the teenage and adolescent feelings They enjoy together. Momentary feelings are the drive they don't think of the future and the consequences

At psychological or at the level of feelings that is mostly momentary, goes away in time.
Many are not bothered about relation, contact etc.
They are animal in nature.
They just eat what comes forth but don't think of where it came from
and not bothered of tomorrow whether they will get or not.
Just concerned at that moment Utterly
animate!

So WATCH your friends and relatives as of which type they are.

2.9. UPAVASA / VRUTHA

Fasting is not starving.

As detachment is not about not having.

You have it and don't get attached into that.

Not eating and thinking of the food, the whole day, will not give the effect of Upvasa / Vrutha.

Thinking on food is lost due to the bhakthi bhava is what is Vrutha / Upavasa.

Upavasa means, sitting close to God. Just thinking on God, and God alone.

2.10. VALUE WITH COURAGE IS NEEDED TO BE HAPPY

The value of the individual can be assessed by the way they are reacting.

Natural feeling that comes in the mind and infact accidental reaction is the assessment of the individual value.

Conditional / Cultured / Polished reaction is only value show.

Many will react in the polished way, as that is what is expected from them.

They learn to be so, or get tuned to be so.

The falling of unjust to them will be the next feeling and the people are upset even after doing good things.

The value person will like to do something, but the society may not permit him to be so. Thus the person will get surrendered to the circumstances.

He too is not happy

Value based and courageous person can be happy.

COMMENT

Courage is the thing that matters

Respected Sir Ji

In the mail I wrote about leading simple life, which is based on values, and I wrote about courage too, then after reading "value with courage is needed to be happy"

I thought that how I can lead a value based life when I don't have the courage. It's a big question?

(Josmi)

2.11. DISTINGUISH BETWEEN PEACE AND SATISFACTION

Satisfaction is when one gets the desire fulfilled. Thus desire is the first step for the satisfaction

Peace is a sate of mind.

Need not have the desire

Thus for the grahastha the satisfaction is the state of mind

Pease is not for grahastha as grahastha is with desire

COMMENT

Optimism

Is it just a state of the mind or is it the natural power of the mind to be in a positive thinking mode or the ability to train the mind to think positively or is it any thing else?

(Unknown)

Mind is the software that runs the brain - hardware
Buddhi is the networking software which links the data

The 6 enemies

We have only six enemies. They are

These enemies are within us.

One cannot attain peace and satisfaction, with out removing these enemies.

To remove these enemies one need courage.

1. Kama – lust
2. Krodha-anger
3. Lobha-greed
4. Moha-delusion
5. Mada-pride
6. Matsarya-violence

3.1. WHEN & HOW MUCH TIME A STUDENT SHOULD STUDY

Part - 3

QUESTION

QUESTION ANSWER

Sir how many hours of regular study i.e. daily study you suggest for an intermediate class student like me.

SESSIONS

I am studying Maths, Physics and Chemistry.

No specific prescriptions

More important is how much concentration you can have.
Read only as long as you can concentrate on your study.
Read only when you enjoy learning.

Think why?

Find reasons for learning,

then learning will become interesting that is important.

You will find no time to sit idle and will keep learning more and more time.

QUESTION

Which time is good to study?

Namaste sir

My parents insist me to study in early mornings, but I feel comfortable studying at night. Please suggest me which timing is best for studying?

Find your Best Timing

Every time is good.
Identify the time of your choice.
Some people like early morning
others like late night
It depends on the practice and own constitution.
But identify best 2 to 3 hours to read or study

Brahma Muhurtham

In today's context,
yes
I understand the problem
choose the best time that can be adjusted for your activity.
See what time is good for you to adjust.
Brahma muhurtham is not the time before sunrise.
That is the time we wakeup, the time of creativity.

Let it be in the afternoon. I mean don't be in bed without sleep.

That is important

I have a question when someone says the best time to study is before sunrise, the Brahma muhurtam. Was it a heritage practice to read without natural light? Most of the teaching in the traditional type is directly listening to the master.

Why schools are not opened in the early hours before sunrise?

Learning is not just reading and schooling.

Learning is creative thinking.

Brahma is the God of creativity.

COMMENT

They will study well. They want to.

Thank you sir for your suggestion.
This is the first time I feel like I got a mentor
Thank you so much.
I totally understand what you have said
and I will implement it.
Yours sincerely,

(J.P. Chand)

3.2. AM I PROGRESSING: The Measuring Scale

It is unimportant to know the progress.
One need not measure the weight, buddhi, mind control,
etc. so is bhakthi and spirituality too.

Be a River
Just flow with the slope,
The river does not know how and why it flows.
Does it enjoy the flow? Don't
know.

The bund stops it and it stays. As the bund fills, it flows in
the direction, where the nature takes it. But it flows.
According to the slope it flows and never stops. Similarly
life must flow.

Wait for the opportunity.
Once it comes, accept it.
Never get frozen.

Be like water and not the ice or glacier.
Individually, one can be at high levels.
The institutionalized structure will make people at levels.

The senior swamiji is more spiritual than the junior one?

What is level in spirituality?

Is the director of the research institute more scientific or the
junior scientist?

But the director governs the progress of the scientist, so
does the ashram institution too.
Never evaluate your progress on the record of others'
opinion.

*naabhisheko na samskaara simhasya
kriyathe vane
vikRamaarjitha sathwasys svayameva
mrugendratha*

No lion is enthroned as the king; the other animals
recognize the lion as the king, as it has the ability, and
shows this ability in its actions.

COMMENTS

**No lion is enthroned as the king; the other animals
recognize the lion as one.**

Respected Sir ji
Beautifully said
We should not compare ourselves with others.
Like a river we should keep on flowing.
OK Sirji I will, I will.
With Mother's blessings

(Josmi)
Wonderful

Dear Sir,

So beautifully told and how true. Lots can be achieved individually. The institution prevails. And, the flow must continue as you said irrespective of what is being gathered along with. Recognition is of course for others to decide and confer. Truly inspiring. Thank you.

(Ravi)

3.3. SELF-RESPECT AND EGO

This was the question by one of my student.

Self is self

Respect is what the society attaches to us. For self, respect is NIL.

Taking an example : A lady told me that when she asks something and gets rejected, her selfrespect is hurt.

Is this the feeling? Yes.

We ask the auto driver, he rejects.

We feel that something is lost. Is it self-respect?

Then offer 15 rupees more, the auto fellow will come for ride.

Does this mean your self-respect is something worth only 15 rupees?

Self-respect is used at wrong places.

TO PUT IN SIMPLE WORDS :

The activity we do consistently results in people paying respect to us In due course of time we feel that we can have respect from the society that is what is self-respect / EGO.

COMMENT

True...Self respect is misinterpreted.

Yes! I agree with you sir. Self-respect is misinterpreted at every possible instance.

I feel people conveniently disguise their ego through extravagant definitions of self-respect. Self-respect is always within and there is no need to show it off. When you respect yourself, you can tackle any situation without listening to your ego. When you undergo humiliation from

others, normally your ego wakes up and you interpret that as your self-respect! Humiliations are a test of your modesty and passing in the test is what actually boosts your respect towards you.

(Padmanabhan)

You talk about higher education. Just think, may be the education system from the start is itself wrong. Why shouldn't we expect a change in the entire education system in India?

Yes, I agree Indian students are really brilliant but may be that is all bookish knowledge. Why can't we make education more practical oriented, stress free, colourful, and interesting and more burden less.

I have been in the US in my 7th class and I was open mouthed by the education system there. I mean we had more of practical work more assignments and project works. These things not only helped us in increasing better understanding but it also helped in bringing up the creativity within us. We never carried our text books to home we used to leave them in the lockers in the school campus. While this was the life in US;

just compare the present education scenario in india.

3.4. HIGHER EDUCATION

QUESTION

What is your opinion about
Higher education system in India.
Do you support it.?

(Dr. Mohan)

I mean it is completely opposite. You see small kids carrying loads on their backs leading to health problems and nowadays schools don't even have playgrounds and our practicals are done by our teachers and not by us. Projects are done by our parents.

Why should we be bookworms?

Books in school with loads of class work.

Books at home with loads of homework. Books....
books.... well cut it off. When will this change? When will
it come to an end?

There may be advantages with Indian education system
but in my point of view I see more disadvantages.

(Ms. Pallavi)

3.5. NOT TO WORRY

QUESTION

SOLUTION to PROBLEM... SIMPLE Vs. COMPLEX

Sir,
I am RadhaKrishnan.
I have been in your workshop in ramakrishna math
recently,
I met u personally there. Hope you remember me,
sir I have a question, Always I think
something with full hope, but things
happen right opposite to me.
I never give little hope to things
that time things are favour to me .
What is this sir?

(Mr. RadhaKrishnan)

Simple and Complex Problems

When things are serious one concentrates, and remembers it too. The possibility of such things getting a solution and one getting out with success is very rare. Thus we say that the problem has no solution

For the simple problem the solution is ready and no one thinks what and how to solve.

And once it gets solved, he says
All my problems, if I don't think, the solution comes automatically.

and thus concludes that my thinking has no role in getting solution.

It is all fate etc. but the thinking, solution are based on the severity of the problem.

DON'T WORRY.

For every complex problem, the solution may be complex or simple

For every simple problem the solution is simple
The simple or complex problem over illogical thinking will get complex and will have no solution.

3.6. MBA IS MANAGEMENT !

MBA students are
called
Management students

I was asking this question to many of the MBA
students when I go for sessions at Management
Institutions

Why MBA students are called Management students ?

Administer is higher than Manage.

See the meaning!

Administering includes the pulling of resources. Managing means adjusting with the available resource They are different.

It is more responsibility being as administrator. That is better too.

COMMENT

Well I feel Management and Administration are considered to be synonyms and that's the reason why MBA student's are called Management Students.

(Sindhu)

3.7. WHAT MAKES US HUMAN

*aahara, nidra, baya, maidunhani
samaani chaithani nrunaam pasoonam
jnaanam naraanaam adhiko visesho
jnaanebhi heena pasubhi samaana*

With regard to food, sleep, worry, sex; human and animal are equal. Knowledge/skill is only extra for human. Without knowledge he is equal to animal.

Everyday one must ask himself 'what he has learned today?'

If the answer is that he has learned nothing – they could decide which animal they are!

Your Strength

It is required to know your strength before looking out for the career.

Many hang out with problems

Your taste is to have interaction with people and you selected the job in which you have less options Then that leads to frustration in job

JOB frustration will lead to problems in LIFE

Change job else get more
time to enjoy after the work
time else

LIFE will become
boring

Once you enjoy Work or Job or Career
then you need not have the enjoyment
outside You can use the spare time for
more serious activity.

Decide what you want, what
is your interest ?

3.8. LIFE : DEFINITION

Sir Can you give definition of life in a single
sentence? (Smruthgopi)

LIFE - Live In Full Enjoyment

Yes, LIFE is that with enjoyment

else life has no life.

(Pallavi
(Siby)

3.9. THANTHRA

QUESTION

Sir: What is
Thanthra.

Live as if you are Dying Live
and love people
as if
you are going to die the next moment

Learn and enjoy
as if you are going to live in this world for more
days

COMMENTS

(Anu) A good question!

Thanthra is Sex - to the West
Thanthra is Black Magic - in Asia Thanthra
is Pooja activity - in South India

Actually thanthra is all these, and none of these.

Desire is for every living being. For human it is more May
be when it started growing more the rishis must have given
veda classes.

VEDAS (the first three RIG, YAJUR, SAMA) are to soothen and reduce the desire and teach us to be happy with reduced desires.

One set of people are against this.

They feel, HUMAN BEINGS are the best creation, If one can't have desire and enjoyment, then what is LIFE?

So the ADHARVA VEDA was created.

Thanthra is more dealt in ADHARVA Veda.

The satisfaction of my desire, many times leads to the hampering of the interest of another.

Many desires come from the neighborhood, and are tempting. One must enjoy.

Is this GOOD / BAD?
Who knows?

Let us learn all. Thanthra too.

let us decide later if it is of use or not.

COMMENT

My view about thantra

First of all we have to rise from poor to rich, staying in poor saying big words there is no use.

Acharya Chanakya says there is no wrong in killing the enemy rather than living with fear all the life.

If you have the way by which our desires can fulfill without disturbing others or system,
I think there is no wrong in following the THANTHRA which is the silent game.

(Tycoon)

3.10. ONAM and DASAVATHARAM !

Onam is for Mahabali's remembrance, the king who ruled Kerala during Vamana's time.

Myth has it that Kerala was created by the sword-throw by parasurama

but in dasavathara Parasurama comes after vamaana How could Mahabali rule Kerala before it was created?

1. It is not Mahabali, it is Maveli who ruled Kerala
2. The Kerala ruled by the Chief Minister today, is not the same as that ruled by Mahabali / Maveli.
3. Mahabali ruled not Kerala but the land around Mahabalipuram in Tamilnadu
4. The land that was ruled by Mahabali may have had a tsunami effect and Parasurama may have safeguarded.

5. Kerala is not Mahabali's land but Vamana's land around Vamanapuram or Thrikkakkarayappan's land in Kochi, Kerala.
6. Mahabali is the great grand son of Ravana. This is another "chink", as Rama is a later avtaar after Vamana.
7. All these are puranas, just a story to propagate Vedic wisdom.

at various times by various people. This is a story more than 16,00,000 years old !! The names of characters in these stories might have got repeated over generations.

It could be that we don't understand the story, and hence find contradictions. When we get to know better, the contradictions will clear.

3.11. QUESTIONS & ANSWERS BY AN 'IT' ASPIRANT

QUESTION : Why people are cruel and harsh when they know that they shouldn't be so?

DR TPS : The true nature of every human being is kindness. Ego makes them different. The so-called power, position, status, money etc. in the society brings them a state they become more and more inhuman.

QUESTION : Can we give positive criticism to improve our friend ?

DR TPS : Spend so much time improving yourself that you have no time left to criticize others!

QUESTION : What is service, and how do we do it ?

DR TPS : Making others' happy is service. For this one needs to be happy self. Cheerfulness keeps up the spirit of the one who possesses it and brings a smile to the lips of others.

QUESTION : Which is the best regional language according to you? Telugu Tamil, Malayalam, Kannada. You should not say all, only one.

DR TPS : For me my mother tongue is most beautiful

QUESTION : I heard Kerala people eat some Sarswathi Leaf to improve memory power. Is it true?

DR TPS : I am not aware of this !!

QUESTION : If you're a Keralite, then swimming is by birth it seems. Is it true?

DR TPS : No I don't swim.

QUESTION : Ok. I heard Kerala people cook with coconut oil. Is it true?

DR TPS : Yes. Many have the habit of using coconut oil, they enjoy it too

QUESTION : Ok. Is eating non-veg a sin according to mythology

DR TPS : Eating non-veg could have been the Vedic practice, as the Veda is too old. But as they improved, the early human must have become vegetarians.

QUESTION : Can we eat non-veg wearing Ekamukhi Rudraksha?

DR TPS : Eating and wearing are not related.

QUESTION : So you won't eat non-veg at all?

DR TPS : No

QUESTION : Oh my God! Ok, that Ramsethu bridge was blasted. Do you think is it really constructed by Rama and Hanuman or you think Ramayana is just a fiction?

DR TPS : Need to learn more. The geophysical movement must have separated the Lanka far from India, it would have been closer during Rama's time!

QUESTION : Did Allah created Vishnu etc or Vishnu created Allah or both are different?

DR TPS : Evolution, that is the science. Maybe Vishnu is older than Allah.

QUESTION : So there is no god?

DR TPS : I don't say that.

QUESTION : People say that dream is false but most of them say GOD came into my dream. Which is truth?

DR TPS : I think what Kalam says on this is quite true. Dream is not what you see in sleep; dream is the thing which doesn't allow you to sleep.

QUESTION : Ok sir, how many hours do you sleep daily?

DR TPS : It depends on mood and the energy. No schedules.

QUESTION : What's your goal in life?

DR TPS : To be a good person, useful for as many as in this world. Teach what I could learn.

QUESTION : There is a myth that if we donate eyes etc we will be born as blind in next life. How far it is true?

DR TPS : Think of this life. Nothing like that, it is a good karma to donate.

QUESTION : If we don't think about next life, no one will go to temples. Everyone will do sins because if we do bad, god will punish. With this fear life goes on. Getting bored with my stuff, right?

DR TPS : Many people who are visiting temple are sinners, do good things and don't visit temples.

QUESTION : Oh my God! Why like that? Thrice in a week, I am going to temple for getting job in Satyam.

DR TPS : Bad propaganda is to attract people to temples? (smiling) GOD does not look after the Satyam HR!

QUESTION : haha.. Nothing like that! Once you only said that prayers only energise you. Nothing to do with god. So getting energized. But Swami Vivekananda said. "Believe in yourself and believe in god. Then see the miracles! so I am waiting for a miracle.

DR TPS : good. But that is nothing to do with temple. GOD is within. God may not be in temples.

QUESTION : Krishna said "indugaladu andugaladu ani sandham valadu chakri.. So believing god is in a temple, it is also even within us but I am not so pure to keep god in me.

DR TPS : Try to reach to that level. Not pure, but being natural is more important.

QUESTION : What are you dealing with at this point in time in life ?

DR TPS :
Blank.
Pure

Clean Reflections
Stock taking.

What is happening in LIFE, what next ?

Really, a stock taking. What to do to society through services/

Get famous?
then what ?

Finished.
Enough!
After that --- what?

NO

Need to do something different.
change of course. more
productive more autonomy

sense of uniqueness
leadership more accepting
& loving...

SELF-ESTEEM

3.12. RAGGING

QUESTION

RAGGING

Sir,

I am a B.Tech student of first year
my college will be starting from 20th of this month I
am scared of ragging.

Can you please give me any advice
of how to overcome this fear. Please sir, kindly help me.

(Phani)

Take It Lightly

Ragging is for building good relations with seniors.

Take it lightly.

Enjoy being with the unknown group

It is nice to play with them Don't

put too much of ego.

Be cool!

Take it lightly.

See that the elders are your friends and brothers or sisters

Enjoy playing with them

You will be alright

It is not unnatural

Many a times just joke only
Learn some tricks to present
May be a joke or a song
Why should you worry?
Just be flexible, cool, and calm
Enjoy being in that group
All the best, have a better
start greater company

3.13. ZAZO's INTERVIEW FOR THE ORKUTHEROS.COM

Zazo: Dr T.P Sasikumar has tons of achievements and a long list of qualifications. His position in society and in his professional circle is far more magnanimous than what I can describe here. I would like to request Dr.Sasikumar to write about himself in his own words and would also like to thank you for giving me this pleasure which is my biggest achievement ever till now.

Welcome Sir to Orkut's Hall of Fame!

DR TPS : Thank you.

I am truthful to self and to all those who interact with me to the best of my ability; I always try to get away from frictions and be as simple as I can in interpersonal relationships.

Plus-two (twelfth class) - the then pre degree, I scored very less!

Always motivated and skillfully active, I try to use the opportunity as best as I can. I feel, LIFE has to grow like a tree and fall like a river.

Learning and teaching are my passions, I am happy with everything around me and proud to have this gifted life.

Zazo: Sir, please tell us about your educational and professional background.

DR TPS : I was not a good student at young age. In class VIII, I studied at Tagore Vidya Nikethan at Taliparamba in Kannur, Kerala. In class X, I scored very low percentage. I passed out from my native school at Naduvil in 1979. 1981 I got through Pre-Degree (equal to Plus 2) with a bad score. I did fairly well in graduation (BSc Maths) with 89 % score from Payyanur College, Kannur, Kerala. Completed MSc. Mathematics with second rank from University of Science & Tech, Cochin in the year 1986.

MPhil from Bangalore University with first rank and PhD in Fluid Mechanics / Heat Transfer at Bangalore in 1989.

After joining the Space Department, I finished my LLB from Osmania Uni. Also did MBA (HR) from IGNOU with

specialization in Knowledge management of ISRO. MS in Psychotherapy and Counseling from IPMS, Mumbai.

Professionally learned Computer Vision, Image Processing, Remote Sensing, Mapping etc.

I chanced to study little Indian Knowledge though Veda, Upanishad, Thanthra etc. from various gurus including Lt. Brahmasree K P C Anujan Bhattathiripad. Astrology and Vasthu from Payyanur Lt. Kesavan Acharya.

Learned Hypnotism and many of the therapies including REIKI, Pranic Healing and also got initiated to ESOTERIC DOWSING and Healing.

Zazo: How do you feel being a recipient of so many degrees and certificates? Is there any subject you are left with or wish to study?

DR TPS : The certificates are not the credit. I read only serious matters. But they made me read more and more. When I have target, I get focused. Else I am not a serious reader. A serious reader need not bother on certificates.

I was half way through MA in Philosophy but had to leave in between for some reason. I wanted to read more on subjects of Philosophy and Psychology. I wish I knew more biology and chemistry.

I am not satisfied.

Presently keen to read holy scriptures like Bhagwad Gita, Yoga Vasishta and works of Sankara, Ramana et. al.

Need more time to read and teach these ocean of wisdom. I am waiting for the dawn of November 2009 when I will take VRS and devote myself to fulltime learning and teaching.

Zazo: Sir, please throw some light on your job profile and any new or completed projects, if possible?

DR TPS : Basically I am a Space Department Scientist since 1989. Worked on Remote Sensing, Mapping, Image Processing, Photogrametry, Computer Vision etc.

Worked on deputation at Calicut University in Kerala as DIRECTOR of UGC-Academic Staff College for over a year. My job entitled me meeting fresh and senior most teachers – Orientation program for fresh lecturers and Refresher Program in Advanced topics in their concerned fields for the senior teachers / professors.

Apart from all these, I teach at various Colleges / Universities / Institutes / Public / etc as a Visiting Professor / Guest Faculty. I am with Vivekananda Institute for Human Excellence at Ramakrishna Math in Hyderabad for so many years where hundreds of youth listen to me every week.

Teaching topics like Educational Techniques / Effective Learning & Teaching / Management / Human Rights / SOFT-SKILL, MAN making / Attitude Setting / Personality Development / Mind management etc. is my passion. General Talks and Spiritual Talks at Temples are also part of my life for the past eight years.

Zazo: As you are so experienced, please tell us how you find the whole system of education in India? Where India is lacking? And where do we need to improve? The statistics show development in South India, what about North and North Eastern states?

DR TPS : It is a wonderful question, can't be answered in few lines. Please see my blog NECESSARY BUT NOT SUFFICIENT for my view at <http://drtpsasikumar.blogspot.com/> India needs education that will teach about what we need in the country, and what we need to do to grow further. Our education has no learning of our culture, history, and system. We have not grown much in the basic education planning.

The change, faster tracks and development in South are just because of the language skills. English is almost like their mother tongue and the international exposure. Many go overseas for education and get employed there. These moves taken by them are good for immediate growth and development.

Due to this, as Indians, we are not growing. We enjoy living with the money we are getting by doing any job. Most of the jobs are supporting the economy of the developed nations.

We need to improve the infrastructure. The educational background of India is good. We could attract foreign students to India, instead of the current scenario wherein students from India are going abroad for education.

Zazo: What is your comment on introducing sex education as a subject for school students in India?

DR TPS : The basic biology that is taught in the school level is enough. *The animals don't learn sex in the classes.* Instinct is the lesson. What is required is the human value education.

Value based education will set human nature. Being human is the true essence of human being. Thus not just sex, all the feelings need to be controlled. Learning to live as a social being, living by protecting others ' rights is true education.

Hatred, unwanted competition, human right violations, etc. can be stopped by imparting value rich education.

Zazo: Being a space scientist for so long you have seen many ups and downs, many development and new technologies. Where do you place India amongst some developed countries like U.S, Russia & Japan?

DR TPS : The question is, "Is India developed or not"?

Regarding money matters, the knowledge and the power will not make money, we need to strive. We lack that. We work abroad and they get the merit and credit. Indians are great, but not India. We will be able to make India great. To achieve this in the near future, we need good leaders.

Zazo: Any political leader in the past you got impressed with? Who is your role model?

DR TPS : **Mahatma Gandhi..** a true political leader with spiritual background.

Many may not call him as political leader, but he was **SWAMY VIVEKANANDA**. Vivekananda predicted the future of India. He was a spiritual leader with political vision.

These men had a vision for the country and were not driven by selfish interest.

There are not many other political leaders around. These days, may be **KALAM** can be put in better category.

We had lot of hope on **Vajpai**, but the party is not in good shape now. Vajpai was good as an opposition leader and had good vision.

Not more on this topic.

Zazo: Sir, what is your work as a spiritual director and life skill trainer? Please tell us a little bit about your journey to spirituality.

DR TPS : Nothing around us is constant so people move between happiness and sadness. If we fluctuate with those scenes we are unable to remain constant internally. But when we turn to the One who is permanently radiating virtues, we receive power and become unshakable.

God offers all His potential to us.

He is ever constant in being the light that never fades and is within us. I found that people generally lack this understanding. Our Traditional style had lot of methods for this realization. But unfortunately many of them are today being commercialized. In a small way, wherever I can reach I am taking the message, as I understood.

Personality Development, Communication Skill, Positive Thinking / Acting, Mind Management, Activity Management are all LIFE Skills. Both Spiritual Direction and Life Skills are the same. This is the message I am taking to people.

I have taken thousands of classes and conducted innumerable workshops for Over lakhs of youth / students and teachers. I have discussed a variety of topics across govt. offices / clubs/ educational institutes / banks / temples / etc.

Zazo: What about your online activities, like your yahoo group. What is the purpose of that group? You also own a blog and some communities on orkut too. How 's that going on?

DR TPS : It is almost 3 years back, I started yahoo groups. That was when same questions were asked by many of the students the answers were put on groups' postings and asked the students to see them. Few lecture schedules were also intimated through the group.

Orkut was started again for my students of Ramakrishna math, the youth, around 200 per week on an average, whom I meet and most of them wanted the orkut reference. Someone again demanded the blog; I am not very up-to-date on it.. But still posted a few views.

The community LIFE is to LIVE picked up very fast, as I was very active in the lectures during that time.

October 2007, when I moved to Delhi, I lost my password of gmail account and the LIFE is to LIVE community password too. Someone hacked that. My old orkut login too I lost. I had more than one thousand friends and I had to remove many of them, that's the time I lost it.

It is then I started LIFE made SIMPLE. As I don't have many lectures around these days. The growth is less. But

have a few who read and send email to me. They scrap too. But don't reply on the community.

I am not very pushy. I have a few good friends and they are with me for long. I got many of my relatives too on the list; they otherwise would not have been in contact. My stay in Delhi was arranged by my orkut friend, whom I have not met yet.

Social networking has done a lot of favour to me and I am positive on them. I have good number of friends; many of them keep in constant touch too, even when they are not live and active on orkut.

Zazo: Sir how was your experience outside India? I saw that you gave many lectures in different countries, any memorable moment you want to share with us?

DR TPS : I had conducted a few lectures in OMAN, MUSCAT. At Muscat I remember the special secretary and Kimji (the richest of Oman) attending my talks. The personal meetings after the lecture at their invitation showed lot of love and admiration.

I have never had such an encouragement in India.

SOHAR in OMAN, I remember the crowd, Keralites, who were all very poor and lived in small sheds. After the lecture they offered me some money but I refused to take. They

said that most people there gave lectures merely to collect money. When they had found someone rejecting the offer, it surprised them. I told them that I live in a better place and enjoy better facilities than them. So it was they who required money and not myself. I felt that they loved others more than they loved themselves.

In a SCHOOL in DUBAI, I was chanting slokas asking the students to repeat. They could not, I asked them to leave it. They didn't leave. They want to learn chanting those slokas. The one-hour class stretched to three hours. The students were from Brazil, Afghanistan, Pakistan, Russia, Europe, UAE etc. I have not found any other place where the kids are so much interested to learn like this.

The students in one school interviewed and they recorded the interview to write in their magazine.

In DUBAI, Narayanettan one who came to attend my class did not leave my company for ten days; attended all my lectures without attending his office and home.

In India too, I had many such instances, but those abroad, were a few striking.

Zazo: What is the key to success in your opinion? I think this is the question every student and professional wants to ask.

DR TPS : For success one should have
attitude
skill

opportunity
in equal proportion. Anything more or less will have
problems in life.

Opportunity is not in our hand, but as it comes, one has to
use it. Skill needs to be developed with specific target in
mind, else will go waste and will feel bad for not having
opportunity, and will get into depression. Good attitude will
create a balanced desire and enjoyment in life at all levels.

A person could be happy but not satisfied. The desire to
grow and achieve higher must be there within. When one
achieves what he aims, he is called successful. Thus
desire is a must starting point for success.

Zazo: Did you ever face failure in your life? If yes, how did
you come up with it?

DR TPS : I had and do keep on having many failures in
LIFE.

Every one will have.

When I took birth, I won over millions of my unborn
brothers and sisters, that is a success. THE BIGGEST
WAR EVER ANYONE WILL FIGHT IN HIS LIFE, is before
the birth.

I lost my father and sister in an accident when I only
survived, do we call it a failure?

I never had a childhood of enjoyment, a traditional village
farmer's son, FAILURE?

I got the last rank in my 8th class, a failure.

The list goes on.... are these all failures? Yes, I do had
pains and grief over these. At those times, they were
failures.

THESE sort of stories each and everyone will have. Not
getting good marks, not getting the job required, not
getting promotion, not getting the girl loved, not having a
good house, car etc. etc.... NOT OF MY CHOICE !!

I HAVE NO SUCH FAILURES... or had many... but I
always feel they are not failures.

ONCE you miss a bus, u have many options.

Once you get into a bus, you miss many busses.

So missing a bus is good.

This is my word and I keep telling this to people too.

SO nothing in life is a failure.

We get chances and many more chances.

Thus failure is only a displacement for a short time, one
must enjoy it. Take it as a challenge. THAT IS WHAT I DO.

We do not know what is good for us, let God decide and provide the best. HAVE FULL FAITH IN GOD... DO the JOB. THAT IS WHAT I DO.

Zazo: Please give a guidance and way to those students who are intended to become a scientist or a teacher as you experienced both.

DR TPS : Learn well any subject, that is it. One can get into research, and be a scientist in any field of interest. And once one learns the subject then he will be able to teach well.

Thus could be a good teacher. Research and teaching must go together. A teacher who is not researcher can't be active and cannot grow. A researcher who is not a teacher is not practical too.

The field of research is not the matter, but the aptitude and the outlook matters; that will help being a creative teacher too.

Part - 4

DILEMMAS OF LIFE IN TIT

Zazo: Any message to the readers of this interview?

DR TPS : If this interview could inspire a few...

This is a wonderful experience. The effort of this person who tried this is worth.

I enjoyed, and thank you very much.

Let this Hall of fame be full. So that this first fame will be out and new good faces are up. All the very best!

Bye.

Zazo: Thanks a lot sir for giving your precious time for this superb and informative, inspiring and wonderful interview. I really enjoyed talking to a personality like you. Thanks for all the appreciations and kind words. Thanks a lot.

Interview ends but the personality keeps on growing...just as LIFE.

4.1. WIN OVER LIFE

Life is to win, so
win over self.

The surrendered self has

BITS

no meaning in LIFE

If one can't hold his shoulder up, why
to LIVE in this world

BE BOLD, fear NOT
anyone Except the
SELF. Clear and
clean SELF makes
more days to keep the
SHOULDER UP

SHARING..... with WHOM?

LIFE has meaning only when we have someone to
share

Let it be
Happiness,
Success,
Loss,

Sadness.

All moments are filled with joy or solace only when we have
some one to share.

A good company is a must.

That is what is required from a Friend or a partner.

If that is missing,
One gets upset falls
in deep sorrow, gets
into depression

COMMENT

RARE WE.

By birth we are different

We are gentle, caring, complex and highly intuitive
individuals.

Artistic and creative,

We enjoy living in a world of hidden meanings and
possibilities.

called Introverted intuitive Feeling

Judging

(Introverted Intuition with Extroverted Feeling - IIEF)

Our society turns us to be more practical, sensible, etc.

step by step, artificiality is added to make us 'better'

Poor we ?

Only one percent of the population has an IIEF

Personality Type,

making it the most rare of all the types.

They will be creative,
artistic, poetic, not very
practical at life

and could fail in family life.

In this modern society people of that kind are very less.

(Sudeep)

4.2. NEVER SURRENDER TO SURVIVE

Many people surrender themselves to anything to survive. They are called practical, good, well behaved.

BUT

see the self-cheating
that one does for
what reason.

May be to get some immediate benefit.

It leads the individual to hell

The person later in life, at some time think of this.

Then nothing could be left as his.

All that is, is because of some one else.

The last question?

What is it that you have done?

What is it that you have done differently? What
is your individuality?

To prove you may need to fight. FIGHT
and LIVE

COMMENT

Be Critical Being critical about your own action will
always guide you to take a strong and determined
decision instead of a weak and temporary one.

Every such instance will boost your morale to keep this
up.

Survive with peace of mind instead of surviving for the
sake of it
without peace and happiness. (Padmanabhan)

4.3. NEVER MISS AN OPPORTUNITY

A real life story goes like this....

Madan Mohan Malaviya wanted to start the Banaras Hindu University. For this he needed funds.

He came to NIZAM at Hyderabad and asked for money. NIZAM was angry and shouted him to go out. Malviya replied that he would go from Hyderabad only after getting his money. They had an angry talk.

NIZAM took off his slipper and threw at Malaviya, MALAVIYA said, "I GOT IT" and took the slipper away. He TOOK THE SLIPPER and announced the auction at Charminar in the evening.

NIZAM got angry and asked his people to collect back the slipper through auction, as the slipper was costly, an imported one!

In the beginning, they all got sad for the death of one of their colleagues, but after a while they started getting curious to know who was that man who hindered the growth of his colleagues and the company itself.

The excitement in the gym was such that security agents were ordered to control the crowd within the room. The more people reached the coffin, the more the excitement heated up. Everyone thought: "Who is this guy who was hindering my progress? Well, at least he died!"

One by one the thrilled employees got closer to the coffin, and when they looked inside it they suddenly became

Malaviya got the money from NIZAM

Let this be only a story.

BUT

the lesson is that

Never miss the OPPORTUNITY

COMMENT

Yes, Winner finds his own way to get his work done.


Madan Mohan Malaviya knew well how to get, what he want.

(Tycoon

speechless. They stood nearby the coffin, shocked and in silence, as if someone had touched the deepest part of their soul.

There was a mirror inside the coffin: everyone who looked inside it could see himself. There was also a sign next to the mirror that said:

"There is only one person who is capable to set limits to your growth: it is YOU. You are the only person who can revolutionize your life. You are the only person who can influence your happiness, your realization and your success. You are the only person who can help yourself.

 Your life does not change when your boss changes, when your friends change, when your parents change, when your partner changes, when your company changes. Your life changes when YOU change, when you go beyond your limiting beliefs, when you realize that you are the only one responsible for your life.

"The most important relationship you can have, is the one you have with yourself"

Examine yourself, watch yourself. Don't be afraid of difficulties, impossibilities and losses: be a winner, build yourself and your reality. The world is like a mirror: it gives back to anyone the reflection of the thoughts in which one has strongly believed.

The world and your reality are like mirrors laying in a coffin, which show to any individual the death of his divine capability to imagine and create his happiness and his success.

It's the way you face Life that makes the difference.

"manam darpana samaanam"

Mind is like a mirror, Sankara says....

May be it has some dust which needs to be cleaned.
Then it will reflect better.

Mind gets thoughts and words through the indriyas.
As we have interaction the mind gets filled. Open the indriyas to better darsanas.

QUESTION

What about broken mirrors?

(Subhadra)

Mind is like a floppy

No cracks and breaks, only scratches and dust exist Polish it well.

It will have better reflections.

Use smooth powder to polish.
not grinders with sand.

4.6. HEAVEN AND SALVATION

Swargam (Heaven) or Moksham (Salvation). Salvation is the higher state.

Heaven can be reached by good living or the self, not disturbing others.

Salvation is at higher level.

Here, one needs to do good things for others, make others happy, serve the society, environment etc.

Ishtathe labhathe swargam

(bhakthi / yagya /sacrifice will give heaven)

poortha mokshamavaapnuyath

(serving society / nature will provide salvation)

Try higher level

To be practical, don't think of what will happen after death

what one do today will have an effect in the next day.

Yesterday what we thought has influence on today 's dealings.

COMMENTS

How to acquire moksh? I don't want to reach heaven or hell. don't want to reborn in this world.

(Yosh

Swargam is here, that is happiness.

God does take rebirth and undergoes the life process.

From swargam people do come back to life. Like every morning one gets back to life

Happiness is both temporary and permanent Swarga is temporary happiness

Moksha is permanent happiness.

Both experiences in life itself are possible

It is not after death, but here, in this life itself

We human beings have limited power but the god within everyone has infinite power. OUR FINITE POWER HOLDS THE INFINITE POWER.

THIS IS WHY NOTHING IS IMPOSSIBLE.

(I m a small baby)

Yes the attitude of the on lookers on each subject matter, but sir is it better to think all the sides of the matter on hand or shall we just skip the details before committing to any thing, saying I have positive attitude or am courageous.

(Dr. Sreelakshmi)

4.10. FEEDING IS GREATER SERVICE BUT TEACHING IS THE GREATEST

Feeding the needy is a great service teaching the seeker is the greatest of all the services.

*annadaanam param daanam
vidyaa daanamathath param
annena kshanika thruptihi
yavath jeevamcha vidyaya*

the food that one eats will stay only for some time
the learned lessons will stay life long..

COMMENT

Sir,

Indisputably, undoubtedly teaching is the Greatest and noblest of services.

The true Guru teaches the essence of life to his pupil and in the process gives his pupil the most precious asset of his life i.e. Knowledge which rests with him for the whole life. I also believe that the Guru in the process keeps raising his own self and thus become more equipped to spread his knowledge. Please carry on with your words of wisdom.

(unknown)

4.11. NO ONE IS USELESS

A water bearer had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water.

At the end of the long walk from the stream to the House, the cracked pot arrived only half full.

For complete two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection. And miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house.

Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw. So I planted flower seeds on your side of the path, and every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table.

Without you being just the way you are, there would not be this beauty to grace the house?

Moral:

Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them. Blessed are the flexible, for they shall not be bent out of shape.

*amanthramaksharam naasthi
naasthi moolamanaushadham
ayogya purusho naasthi*

yojagaha thathra durlabhaha

No letter is unused in manthra; no roots left unused in medicine; no people are useless, but those who can place them at right places are rare.

IT IS A LIVELY BIG SPACE

We talk about life. We philosophize about life. We dream about life. We worry about the certain uncertainties in life. We speak about our experiences in life. Rarely do we realize that we are floating in an ocean of life – a big life. It is not just an empty space around us – it is a lively big life... It is not simple. But it can be made simple, says Dr.T.P. Sasikumar, who is popularly known as Dr.TPS in his book “ Life made Simple”.

Dr.TPS is one such blessed being who has received a special stroke from heaven to understand that life is essentially a learning experience. He believes that each situation, challenge, and relationships contain messages that are worth learning and teaching. His criticality and powerful observations about life is what you find in the seminal work. It is this strong faith that has shaped his convictions and has enabled him to offer us simple solutions to alleviate the pain arising out of the complex life

that not only baffles us but also atomise our existence. The title is very apt as it says “Life made simple” for us by this simple unassu ming person who is a scientist, mathematician, poet, with degrees in LLB, MBA, M.S in Psychotherapy, and who is well versed in Vedas, Upanishads, Thanthra and Astrology. He has given us a good introduction about himself in his book. I quote “moved through Naduvil, Taliparamba , Payyannur, Kannur, Calicut, Kochi, Bangalore, Hyderabad, Ahmedabad, New Delhi on study and job ”. You can read about what he is in page 136 of this very special Book..

The sum total of his learning and vast experience of Teaching contributed to the genesis of this book, through a socializing web site ‘ORKUT’. He named his community life is to live and conveys the strong message not to wallow in self-pity, which is worse than death! I should say he dramatically alters your perceptions of the world and yourself. This is what he says about criticism which makes us emotionally anaemic "...Arrow goes forward only after

pulling the string backward. Bullet goes forward only after pressing the trigger backward. Every human being will get happiness only after facing difficulties in his path of life” (LS, 15).

The book is divided into four sections. Part one comprises of fourteen chapters which holds the different permutations of our life under the microscope, He confesses life is not simple, but being simple, with no extra ego, we can make life simple.

In part Two titled “The Life coach speaks to you”; he discusses the blues of life and offers simple maxims to chart our journey peacefully. He warns us of our six enemies Kama-Lust, Krodha-Anger, Lobha-Greed, Moha-Delusion, Mada-Pride and Matsarya-Violence.

He has defined matsarya as violence highlighting the fact that the unhealthy competition in any relationship is a violence against one's own divinity! Part three deals with

the FAQ are of day to day life. The answers are simple at the same time thought provoking and easy to comprehend.

Dilemma of Life in Tit Bits forms the fourth section. He says “life is to win, win over self ” (147) enunciating the greatest philosophy of life. He answers the single most important question that people have always asked “what is the purpose of this life?” Here comes an answer which is simple- but far from easy. Live in a manner that is consistent with one's spiritual ideals. Be consistent and live your life with a strong faith in God. He says “our finite power holds the infinite power. This why nothing is impossible”, conveying his deep rooted faith in God.

He reconceptualises love . He stresses the need for us to abound in unconditional Love that becomes the ultimate truth that lies at the heart of creation. The spirituality that he speaks about is not that simple for us. He says I quote “you need power to remain free from the influence of others. Detachment is this power”. (Page-19). In other

these words are well grounded in the wisdom of Vedas which tells us to remain as a drop of water in the lotus leaf. The hardest philosophy of life is made simple by saying practice detached attachment to live your life meaningfully

This book is special as it carries very interesting anecdotes about Hitler being a vegetarian and Ravana who meditated regularly. The book is replete with comments of his orkut community. So it becomes a discourse on "Life".

HE offers you 4 simple steps to reach God, viz. Neglect those who oppose bhakthi; Mercy on those who are materialistic and not spiritual; Friendship with Bhakthas and Love god. Thus this simple book becomes sacred in illumining your way to god.

His earthy sense of humour is well reflected in chapter 11 titled economics of life. A peep into our life cycle begins thus "Our birth is our opening balance , our death is our

closing balance" They are pithy epigrammatical sentences which make us reflect seriously about our karma. His views about karma can be summed up with the lines of Bhagavad-Gita.

"sarva karma bhale thyagams praahu
thyagam vichakshaha"

One who sacrifices the fruits of his karma makes the supreme sacrifice. He defines karma as the activity of service to others. The book thus epitomizes the creativity of Dr.TPS which is a net of love that catches many souls. We feel that he is a great teacher who touches a life forever. The quote

"anna daanam param daanam vidyaa daanam athath
param"

reveals his conviction that teaching the seeker is greatest of all services that has given birth to this discourse on Life. My discourse ends, but the personality keeps on growing - Just as LIFE.

**(Dr. Latha Nair. R.,
Department of English, St:Teresa's College, Kochi)**

FILLS A GREATLY FELT VOID

Dear Dr. Sasikumar,

I owe you a big apology for not responding earlier. Thank you very much for your book "Life Made Simple". You have actually simplified a lot of spiritual and philosophical matters in such simple terms that even young children can understand them. I think this book fills a greatly felt void.

Heartiest congratulations!!! May you God help you bring out more and more of such books that are of great practical utility to people.

With best wishes,

Mrs. Valsala Kumari IAS
Commissioner of Civil Supplies,
Government of Kerala, Thiruvananthapuram
GREAT THINGS IN SIMPLE WORDS

'Great people say great things in simple words' say Swami Vivekananda. Great people like his guru Sri. Ramakrishna speak out of their experience and therefore

their words leave an indelible impression on the minds of the people.

Dr T P Sasikumar's book – LIFE made SIMPLE – in a small measure is close to the words of Swamiji's Dr Sasikumar says, 'There is no last word in anything. I keep telling in my lectures. My prayers is that "Let me have more knowledge to realize that what I have learned till now is to be corrected and updated. There is not last, the best ...". This sums-up the philosophical overtones behind the musings penned down by Dr T P Sasikumar, a scientist turned philosopher from Space Science.

Dr Sasikumar adapted a strange style in compiling these sayings. He developed this book from his orkut socializing network site where he had answered the questions of a number of netizens across the globe. 'Being simple, being as we are with no extra ego is simply beautiful. Cool, calm, smooth at ease is simple life. Try to be what we are' - is the simple message with which the book begins. Balancing

one's desires and how to be consistent in life, ability to accept the criticism to push forward are some of the first chapter prescriptions stemming out of an ocean of experience and wisdom. Politely daunting people indulging in inconsistent words and practices, Dr Sasikumar is emphatic about the need of value with courage.

He rightly puts the perspective of 'possessiveness' in terms of spirituality. The 'me and the mine' are often attacked in the Upanishads as false and illusions. In the like manner, he also exhorts to 'Shun possessiveness in love'. His advice to the younger generation is to perform their 'role, goal and value balancing' with no 'attachments to the role' while keeping oneself balanced between 'learning and being'. He discovered that, 'The being is the actualization and the bliss of life is in that stage. Being in spirituality is the process of evolution'. His examples of Hitler as 'vegetarian' and Ravana as 'meditator' are something inspiring to have a positive attitude to even worst

circumstances and towards dreaded objects too. He goes to explain the mathematical components of Gunatrayavibhag of the Gita how each of the three gunas would take over another guna without our explicit knowledge.

Decrying show of spirituality, Dr. Sasikumar stresses the need to do one's duties with 'sradha in saadhana'. With a prescription to 'retrospect' and 'introspect', he suggests the measures to check the progress one achieved in life. It is a 'must read' book to make one's 'life made simple'.

Prof. Dr. CSHN Murthy & Prof. Dr. Devesh Kishore
School of Journalism and Mass Communication
Institute of Management Studies, Noida.
A GRASS-ROOT PHILOSOPHY

This book is something quite different.

If we can get something out of orkut. DrTPS has found ORKUT different. The book talks about the positive side of life. Really thought provoking. No sequence in the book. User-friendly. Anecdotes substantiate the theory. Profound

philosophy of LIFE. Practically touching every aspect of LIFE. DrTPS has brought the Philosophy to the grass-root level. DrTPS is a grass-root Philosopher. So much scope to promote and kindling the energy of people. It could be used in training centers. Open any page and read, it gives energy. It is done so well. He is a guide for all of us. It gives the message that one can be raised from talker to doer to

PEARL OF MESSAGES

It was with so much of eagerness I read this book. Reading, Experience gives Knowledge and Wisdom. This book is the Pearl of messages (Rathanakaram / manimuthukal). LIFE is not simple when it is added with Philosophy. The biological life is simple. Those who thinks of life, it is tragedy. Those who experience LIFE is a comedy. The questions that one thinking person has are being answered in a small book like this. Most of the great things are written simple. It is like the poem of Poonthaanam that explains things so simple, which are so tough to understand through the scripts in Veda and even in Gait. LIFE made SIMPLE has the essence of all the knowledge. The knowledge when

performer to achiever to reformer. It is simplicity. DrTPS is a profound teacher, evident intellectual; his activism had his own style. The last portion that says that all of us are useful, and people who can keep them at the right place is lacking.

**Dr. P M Nair IPS,
Director, CRPF, Delhi**

experienced can take it to the heart (manas). Many of the wrong information and misunderstandings are cleared through this small book. He explains about guru, spirituality, god, bhakthi, the story of Mahabali and the Onam festival etc. DrTPS as a scientist and a spiritually inclined intellectual have a blend of unparallel wisdom of critically examining and explaining very simple. There are lot of concepts to be cleared in the mind of people, I am sure DrTPS can do a lot of service in this direction. DrTPS in his book says the heaven and hell is in this same world . One who goes deep into this book will get the best pearls out of this book. Let DrTPS generate more sisters and brothers to his book LIFE made SIMPLE.

**Prof. Akavur Narayanan,
Rtd. Prof. of Modern Indian Languages Department,
Delhi University,**

BOOK FOR PRACTITIONER

LIFE made SIMPLE can provide lot of inputs for making the life our kids simpler. Not everybody can answer the questions of our kids. Many kids are not having the freedom to ask questions to us. Through ORKUT many kids have asked lot of questions and DrTPS had answered all of them. DrTPS took the public domain for very private discussion. When one talks to DrTPS you feel that he is talking to you and you alone. He has the ability to get into your heart and the points are taken to your heart. Every question that one has is answered in this book. This book gives something to think, once you read any page. This combination of traditional philosophical knowledge and the most advanced networking technology is an innovative rare way. The value system that he is pushing through the book is commendable. LIFE made SIMPLE is a book for practitioner. The book tells you to look beyond what is evident. It is a wonderful gift that DrTPS has given.

Smt. Swagatha Sen Pillai
Classical Dancer, New Delhi

A RARE COMBINATION

KISS is keep is soft and simple. That is what DrTPS taught us. There are a few who flow with the time and a few change the time. DrTPS is a rare combination.

Prof. Rathnesh Pathak,
Station Director, Salam Namasthe, Noida

A LITTLE GEM OF A BOOK

I have just read "Life made simple", a little gem of a book; in today's complex and media-distorted society it is a joy to read such a simple but great mixture of scriptural wisdom, life experience and common- life-wisdom. It is especially nice to think there is real communication between people behind it and not "onesided preachers." The author, Dr. T.P. Saskumar shows how to install trust and faith in the micro- and macro cosmos, a rare gift for a scientist.

Swami Nityamuktananda

A Spiritual Researcher & Traveler
www.athayoga.info

THE VERY IDEA OF THID BOOK IS GREAT

Dear Sir:

Namasthe,

Please accept my hearty congratulations for your new book – LIFE made SIMPLE. It is really simplifies most of the complicated thoughts and situation in our day-to-day life. I especially appreciate the very thought of having this book, might be first ever originating from a social network group like ORKUT. The very idea of this is great. Cover design is very excellent. Thanks very much for making many of ours life SIMPLE.

With love and prayers.

Pradeep Nambair,

HYDERABAD.

IT REALY CHANGED MY LIFE

Dear Sir:

Thank you sir, you visited my school a few days back. It really changed my life, after listening to your lecture. Thank you so much sir. I read your book also, LIFE made SIMPLE – Mind blowing matter has written.

Mr. Sadik,
Class X, Translam Academy International,
MEERUT



Dr. Sreelakshmi released LIFE made SIMPLE at Chalakkudy, Trichur on 22nd November 2008 on the LIC Agents Training session on “Excel in LIFE”.



Thapasya organized LIFE made SIMPLE release at Irinjalakuda, Trichur on 23rd November 2008 along with a Class on “Personality Development”



Prof. Maya Devi at Vimala College, Trichur with LIFE made SIMPLE on 24th November 2008 with the session on “LIFE is Becoming”.



Hon. High Court Judge Thottathil B Radhakrishnan released LIFE made SIMPLE at Kochi on 26th November 2008 along with a session on ‘Functional Proficiency’ organized by Adv. Rajendran Nair for SAMATHA LAW Society

Sri.
Vinod



Bhatathiripad and Sri. Unnikrishnan at CALICUT LIC Training Hall on LIFE made SIMPLE release on 27th November 2008 with a workshop on



Dr P M Nair IPS releasing LIFE made SIMPLE at Delhi Kerala House on 7th December 2008.

‘Inter Personal Relationship & Communication’



Prof. Akavur Narayanan on LIFE made SIMPLE at Delhi Kerala House on 7th December 2008.

Prof. Rathnesh Pathak, Communication Expert on LIFE made SIMPLE release at Delhi Kerala House on 7th December 2008.



Smt. Swagatha Sen Pillai on LIFE made SIMPLE at Delhi Kerala House on 7th December 2008.



Sri. N Radhakrishnan, Kathakali Documentary Expert received LIFE made SIMPLE on release at Delhi Kerala House on 7th December 2008.



Prof. Rathnesh Pathak,
Communication Expert on
LIFE made SIMPLE
release at Delhi Kerala
House on 7th December



Project Director of AIDS control society in AP and the
former Collector of Hyderabad Sri. Chandravadhanan,
I.A.S., Sri. Chandra Mohan, PRO to Chief Minister and
Swamiji Br. Raghunath on release of LIFE made SIMPLE
at Mata Amruthananthamayi Mat, Hyderabad on 7th
December 2008.



Dr P V Radhadevi,
Space Scientist (wife of
Dr T P Sasikumar) on
release of LIFE made
SIMPLE at Hyderabad

Dr P V Radhadevi, Space Scientist (wife of Dr T P
Sasikumar) on release of LIFE made SIMPLE at
Hyderabad on 7th December 2008.

 <p>Swami Nityamuktananda, with LIFE made SIMPLE in Rishikesh.</p>	 <p>Prof. Roden, Traveler from UK with LIFE made SIMPLE in Delhi.</p>
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LAST WORD

There is no last word in anything.
I keep telling in my lectures,
My prayer is that let me
have more knowledge To
realize that what I have
learned till now is to be
corrected and updated.

There is no last, the best

The day you feel that what we know is the perfect
knowledge, human lives as an animal / vegetable life.

The life is worth only when he continues to learn learns.

If the jottings in this book
Helps you to think
Slightly differently
My attempt is a success.

Else let me try in another style later.

Nothing is the best, Nor the perfect, More so this book too.

With Prayers,
Sasneham
Dr T P Sasikumar



Dr.TPSasikumar

M.Sc(Mathematics) [Cochin], M.Phil.(Applied Mathematics) & Ph.D(Radiation)
[Bangalore], LLB [Hyderabad.], MBA (HR-Knowledge management) [IGNOU],
M.S.(Psychotherapy & Counseling) [IPMS, Mumbai]

Scientist, Department of Space, Secunderabad
Educationalist, Science Communicator, Spiritual Director, Life-Skill Trainer,
Psychotherapist.

Former:

- DIRECTOR, UGC-Academic Staff College, Calicut University, Kerala
- SCIENTIST, Space Application Centre, Ahmedabad
- SCIENTIST, Program Planning & Project management Directorate, ISRO-Head Quarters, Bangalore
- HEAD, Photolab, Training, Data Acquisition, Archival & Production at ADRIN, Secunderabad

Author of LIFE of LOVE, Collection of 27 Delhi Poems

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